

Christmas Challenge 3

Pick a Mix!!!

* FC = Front crawl

Warm up:

400m FC with Pull buoy

Drill + 1x length of front crawl repeat 2x

Kick Drills

FINS: Kick on Front + FC

FINS: Kick on Back + FC

FINS: Kick on Left side + FC

FINS: Kick on Right side = FC

FINS: Corpse kick + FC

- Corpse drill: arms down by your sides, rotate to the left side, back to the centre, rotate to right side.

Drill followed by a length of FC – repeat 2x

Catch Drills

PULL: Scull #1 + FC

PULL: Scull #2 + FC

PULL: Doggie Paddle + FC

FINS: Single arm drill + FC

- Single arm drill: Left arm extended, three arm strokes breath to the right. Swap sides

Drill followed by a length of FC – repeat 2x

Rotation Drills

FINS: 6-1-6 + FC

FINS: 6-3-6 + FC

FINS: Broken arrow + FC

FINS: Single arm rotation breath + FC

- Broken arrow: Kick on side, raise arm vertically, pause, bend the arm, spear into the water & rotate – repeat
- Single arm rotation: Left arm extended, rotate hips, shoulders & head together for a breathe to the right - repeat

