

Christmas challenge 7

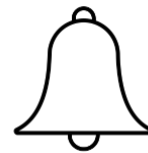
Naughty and Nice Christmas Swim

TOTAL: 78 lengths

Warm up

6 x 100m (4 lengths)

1. Steady FC B3s
2. Steady FC B5s
3. FC with fins & paddles
4. Kicking no fins + FC
5. FC breathe dominant side
6. FC breath weak side



Build

6x 50m Pull buoy, band & Paddles

5x 50m Pull buoy & bands

2x 50m Bands only

3x 50m Bands & paddles



Main

3x 50m FC FAST with 15 sec rest

100m Easy FC

3x 50m FC FAST with 20 sec rest



3x 25m 10m Max into easy FC

3x 25m 15m Max into easy FC

2x 25m 20m Max into easy FC



Cool Down

4x Length Choice