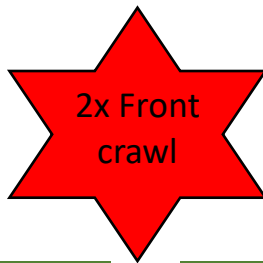


# Advent swim calendar

IM: Fly, Backstroke, Breaststroke, Front crawl



100m  
Choice

5x 50m  
FINS: Kick  
15 sec rest

200m Pull  
Front crawl

2x dolphin  
leg kick

100m  
Doggie  
Paddle  
with Pull

4x 100m  
FC with 10  
rest

100m  
Breast  
stroke

100m FINS  
Front  
Crawl

100m IM

100m  
breast arm  
Front crawl  
legs

1x length  
how far  
under  
water

2x length  
butterfly  
TRY!!

2x length  
backstroke

4x length  
start flags  
FC – turn  
practice

4x length  
kick on  
back

Fins: 4x  
length kick  
on left  
right side

100m  
Tumble in  
middle of  
pool

100m  
FC with  
Fists

100m  
Front crawl

100m High  
Fives

100m deep  
water start in FC

100m Choice  
with streamline  
push off

150m Merry  
Christmas swim