

## Christmas Challenge

Jingle Bells, jingle bells

Total: 80 lengths



Jingle bells, jingle bells,  
Pace all the way.  
Oh! what fun it is to swim

12x Lengths Front Crawl

Jingle bells, jingle bells,  
Swim all the way;  
Oh! what fun it is to draft in the open

12x Lengths Pull Front Crawl

Jingle bells, jingle bells,  
Kick all the way;

12x Lengths Kicking + Front crawl

Jingle bell, jingle bells,  
Hypoxic breath all the way

12x Lengths Front crawl 3,5,7.3

Jingle bell, jingle bells,  
Catch the water all the way

12x Lengths PULL Doggie paddle + FC

Jingle bell, jingle bells,  
pool sides  
Deep water turns or tumble all the way

12x lengths No touching the wall or

Cool Down:

8x length  
Breaststroke

Christmas spirit front crawl /