

12 Days to Christmas Challenge

Get those shoulders working!!!

Total: 180 length

Warm up:

8x Length	Pull Buoy
2x Length	Kick – no fins
8x Length	Pull at ankles
2x Length	Kick – no fins

Main Set:

10 second rest

10x 25m

10x 50m

10x 75m

10x 100m

10x 75m

10x 50m

10x 25m

- If time is limited, you can reduce the amount of lengths.
- Pacing is key performing the main set.