

Christmas Challenge 6

Pick a square from the Quality Street chocolate box. See how many blocks you can complete.

10x
Length
Pull buoy
FC

8x Length
Pull buoy
Doggie
Paddle + FC



6x length
FC breathe
LEFT

4x length
Kicking no
FINS

6x length
FC breathe
RIGHT



6x 50m
FC with 10
sec rest



8x Front
crawl
breathe 3, 5,
7, 3

4x length
Pull buoy at
ankles



6x 25m
sprints with
15 sec rest



8x Hard
Torpedo
kick into FC

10x Length
Front crawl



4x length
Catch up +
FC



Extra: More chocolates!!

10x length
FC

10x length
FC with pull