

Christmas Challenge 10

Mince pies & a tot of sherry!! TOTAL: 104 Lengths

Warm up:

10x Lengths FC

5x 50m FOCUS: Fingertips enter the water first + FC

5x 50m Finger trail drill (elbow to the ceiling) + FC

5x 50m FINS: Kick On Left + FC
FINS: Kick on Right + FC

5x 50m FINS: Single arm drill (push the water backwards) + FC (Left + Right)

5x 50m FINS: Catch up drill + FC

5x 50m 5m Catch up NO equipment + FC

5x 50m Hard/ Sprint + easy recover

250m (10 lengths) FC

250m (10 lengths) Pull Buoy FC

Cool down:

2x Length Choice