

Christmas Challenge 1

TOTAL: 90 lengths



Warm Up:

100m Easy FC pull buoy

100m Torpedo kick into FC

Torpedo: Arms extended above head shoulder width apart, hard kick into front crawl

150m Pull buoy & paddles build to fast

Main Set:

4x 50m FC **50's** 10 sec rest

100m Recovery Swim Pull buoy

3x100m FC **100's** 10 sec rest

100m Recovery Swim Pull buoy

4x 50m FC **50's** 10 sec rest

100m Recovery Swim Pull buoy

2x 200m FC **200's** 20 sec rest

100M Recovery Swim Pull buoy

4x 50m FC **50's** 10 sec rest

100m Recovery Swim Pull buoy



Cool Down:

4x length Easy swim

Adjust lengths according to available time but making sure you managing the rest periods is very important.