

12 Drills of Christmas

200 Fc-Bc, 100 Kick, 200 IM drill

500m 10min

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| | | All 25 drill 25 swim |
| 12 | Fly | Biondi (recover arms under water) |
| 11 | Bc | Catch up in the air |
| 10 | Br | With fc kick drive recovery into tight streamline |
| 9 | Fc | Stage 1(catch only) |
| 8 | Fly | Single arm kick as hands enter and exit |
| 7 | Bc | Kick arms folded above head in water |
| 6 | Br | On front hands at side tap heels to hands head above water all the time |
| 5 | Fc | Chicken wing (swim with thumbs in armpits) |
| 4 | Fly | Thumb drag |
| 3 | Bc | Rainbow (as hand enters move it back to leg then stroke normally) |
| 2 | Br | 2 kicks to 1 pull |
| 1 | Fc | Your choice of drill |

1950-2450m