

12 lengths of christmas

200 Fc-Bc, 100 Kick, 200 IM drill.

500m

No of lengths.

12	300 IM swim		5.30	
11	Fc Kick, Drill, sprint 25's		5.30	11min
10	Bc 5x50 - 25 ankles crossed 25 Swim		50	4.10- 16min
9	3x75 each as 25s Fly, Bc & Br		1.30	4.30-21.30 min
8	Fc kick on side - swim 25's		3.30	3.30- 25min
7	Br Drill- sprint 25's		3.30	29min
6	Fc build in 50s(Easy-Med-Fast)		2.3	32min
5	Fly - swim		2.3	35.30min
4	Fc catch up 6 kicks between each stroke	2min		38min
3	Bc Swim		1.15	39.30min
2	Br Swim		60	41min
1	Fly Sprint!		60	42min
		1950- 2450m		
Swimdown	200 choice		6min	48min