

Focus: 12 Days of Christmas.

Wednesday & Thursday

Warm Up:

12 minutes SKP Choice (or 600 total) (600)

Abominable Snowman:

9 x 50/25 Odd Free, Even Non-Free

8 x 75/50 Fast Swim

7 x 25 Odd Swim, Even Kick Fast (1225/800)

Frosty the Snowman:

6 x 75/50 Odd Free, Even Non-Free, Fast-EZ-Fast

5 x 50 Even Kick, Odd Swim Fast

4 x 25 Kick Fast (800/650)

Hot Chocolate and Marshmallows:

3 x 50 Pull - breathe on off side

2 x 100 50 Fist Swim/50 Early Vertical Forearm

1 x 200 Ez Swim Choice (550)