

Focus: 12 Sets of Holiday Cheer

Thursday

Warm Up:

Choice SKP Mix for 12 minutes

Holiday Cheer:

1 x 100 EZ Free

2 x 25 EZ Fly

@:30/:35/:40

3 x 50 Non-Free Build

@:15/:10/:05

4 x 25 Non-Free DPS

@:30/:35/:40

5 x 50 Free - Breath on off side

@:45/:50/:55

6 x 25 Free Swim -

R:10"

Turbo Kick between flags

7 x 50 Free Build

@:60/1:15/1:30

8 x 25 Kick - odd fly/even breast

@:40/:50/:60

9 x :20 Vertical Kick > 25 sprint

R:10"

11 x 50 Odd 50 IMO/Even 50 Free

R:15"

12 x 50 1-6 Kick, 7-12 Pull

R:15"

Joy to the World:

EZ Choice Swim