

Base: 12 Sets of Holiday Cheer

Thursday

Warm Up:

Choice SKP Mix for 12 minutes

Holiday Cheer:

1 x 100 EZ Free

2 x 25 Breaststroke Kick

R:12"

3 x 50 Back

R:12" (300)

4 x 25 Non-Free DPS

R:12"

5 x 50 Free - Breath on off side

R:12"

6 x 25 Fast Kick -

R:12" (500)

Turbo Kick between flags

7 x 50 Swim Odd Free/Even Breast

R:12"

8 x 25 Kick Odd Ez/Even Fast

R:12"

9 x :20 Vertical Kick > 25 DPS

R:12" (775)

11 x 25 Odd SLOB Kick/Even Swim

R:12"

12 x 25 1-6 Swim, 7-12 Pull

R:12" (575)

Joy to the World:

EZ Choice Swim