

## **Base: I Triple Dog Dare Ya!**

**Tuesday & Wednesday**

### **Chestnuts Roasting:**

300 Swim/Kick/Pull (10 minutes) (300)

### **Grinch's Set:**

3 x 100: (breast + free)

»25 breast, 75 free

»50 breast, 50 free

»75 breast, 25 free

(300)

### **Scrooge's Set:**

4 x 75 (odd back, even free)

R: 15"

1 x 50 EZ

4 x 75 (odd free, even 50 back/25 breast) R: 15"

1 x 50 EZ non-free

(700)

### **Reindeer Games:**

4 x 50 Swim Choice descend DPS

2 x 50 Fast Kick

(300)

### **Candy Cane Cool Down:**

3 x 50 EZ Choice