

Focus: I Triple Dog Dare Ya!

Tuesday & Wednesday

Chestnuts Roasting:

600 Swim/Kick/Pull (10 minutes) (600)

Grinch's Set:

5 x 100: (fly or breast + free)

»25 fly or breast, 75 free

»50 fly or breast, 50 free

»75 fly or breast, 25 free

»50 fly or breast, 50 free

»25 fly or breast, 75 free

(500)

Scrooge's Set:

4 x 100 (odd IM, even free) R: 15"

1 x 100 EZ

4 x 100 (odd free, even Reverse IMO) R: 15"

1 x 100 EZ non-free (1000)

2x thru: Reindeer Games, aka Speed Work:

1 x 100 Swim Choice, all out on 3:00

2 x 50 Kick, all out on 1:30 (400)

Candy Cane Cool Down:

6 x 50 EZ Choice