

Focus: 12 Days of Christmas

Friday

Warm Up:

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

Abominable Snowman:

9 x 25 Odd Free Fast, Even Non-Free

8 x 50 Fast Swim

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

Frosty the Snowman:

6 x 25 Non-Free, Fast-EZ-Fast

5 x 50 Even Kick, Odd Swim Fast

4 x 75 Kick Fast (700)

Hot Chocolate and Marshmallows:

3 x 100 Fist Swim Every Odd 50

2 x 200 Pull - breathe on off side

1 x 200 Ez Swim Choice (900)