

Focus: I Triple Dog Dare Ya!

Chestnuts Roasting:

600 warm-up choice or 12 minutes (600)

Pick your Set then Re-Group: "Reindeer Games"

1) 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)

2) Scrooge's Set:

1 x 400 IM

R: 10" Broken Fly

1 x 100 EZ

1 x 400 Reverse IM

R: 10" Broken Fly

1 x 100 EZ

(1000)

Reindeer Games, aka Speed Work: 2x thru:

1 x 100 all out on 3:00

2 x 50 all out on 1:30

(400)

Candy Cane Cool Down: 12 x 25 "Silent Swim"