

# Eight Days of Training - Hanukkah

## Monday & Tuesday

### Warm up:

“Right to Left Snake” (SKP)  
200 Swim + 200 Kick + 200 Pull  
4 x 50 Odd Breast Kick, Even Dolphin Kick (800)

### Decreasing Repeats: Distance Choice R:15"-20"

2 x 400/200 Moderate Pace - Choice (800/400)  
3 x 300/150 “Oil Slick Drills” streamline (900/450)  
4 x 200/100 “Miracle IMs” or non-free (800/400)  
5 x 100/50 Build - stroke choice (500/250)  
6 x 75/50 Sprint last 25’s - stroke choice (450/300)  
7 x 50 “Gelt Goals” timed swim for “Gold” (350)  
8 x 25 “Latke” Kicks underwater (200)  
(4000/2350)

### Cool Down: Stroke Choice - “Silent Swim”