***12 sets of Christmas***

**Warm up**

**12 x 25 stretch out on :40**

**200 EZ kick choice**

**4 x 75, middle 25 drill**

**200 dolphin**

**50 sprint**

**MAIN SET**

**1 x 300 free easy**

**2 x 75 IM’s (Fly, Back, Breast)**

**3 x 200 IM kick**

**\* odds are reverse kick**

**4 x 50’s over, under on 1:30**

**5 x 150’s with pull buoy (no paddles)**

**6 x 100’s free SPRINT on 1:15/1:30/1:45**

**7 x 50’s (Fly/Back, Back/Breast, Breast/Free, Free/Fly, etc.) on 1:00**

**8 x 25’s SPRINT no breathers on :45**

**9 x 50’s ascend them by 3 on :45/:55/1:00**

**10 x 75s pull breathing 7, 5, 3 on 1:30/1:45/2:00**

**11 x 50’s alternating choice and free on 1:00**

**12 x 25’s STRONG FINISHES on :30**

50 EZ

**TOTAL: 6300 YARDS**

On the \_\_\_\_\_\_ day of Christmas, my swim coach gave to me…

**\*\*repeat each set, like the song\*\***

1… 50 swimming free

2 … 2 x 25

3 … 3 x 100’s sprint

4 … 4 starting blocks

5 … 5 x 50’s kick

6 … 6 mid pool turns

7 … 7 x 50’s paddling

8 … 8 under waters

9 … swimming drills

10 … 10 minutes sprinting

11 … 11 freezing snowflakes

12 … 12 sliding seconds

9000 yards!