

Last Day of Practice!

Wednesday, December 14, 2022 1:22 PM

12 Days of Christmas - 5500 yards @ 0:30 + 11 Pull-Ups + 12 Push Ups

1. No breath
2. Tarzan
3. Choice Stroke
4. Kick
5. Swim
6. 2 fast/ 1 eZ
7. Pull
8. IM
9. Odd: under 20 sec. Even: under 15 sec.

Once we get here we will take a 5 min break and do the last set from 12-1

10. 5,4,3,2,1 breath
11. Water Pull-Ups
12. Push Ups