



Wednesday, December 18, 2024



12 Days of Christmas

	Gold	Silver	Bronze	Iron
Smooth	1 x 300	1 x 300	1 x 300	1 x 200
Kick – peppy	2 x 25	2 x 25	2 x 25	2 x 25
1 ea. Fly – bk – breast	3 x 50	3 x 50	3 x 25	3 x 25
Mid-pool IM 12½fly-25 bk-25br-12½fr	4 x 75	4 x 75	4 x 75	4 x 75
Smooth - build to fast	5 x 75	5 x 75	5 x 50	5 x 25
Mid-pool start -work turns	6 x 50	6 x 50	6 x 50	6 x 50
Choice of stroke	7 x 50	7 x 25	7 x 25	7 x 25
Breathing pattern at least +2 over normal	8 x 50	8 x 25	8 x 25	8 x 25
Pull – low stroke count	9 x 25	9 x 25	9 x 25	9 x 25
Lane choice	10 x 50	10 x 25	10 x 25	10 x 25
Mid-pool start – Odds are fast	11 x 25	11 x 25	11 x 25	11 x 25
Odds: streamline focus Evens: finish focus	12 x 12½	12 x 12½	12 x 12½	12 x 12½
<i>Total yards</i>	3375	2750	2550	2375

50 easy

<i>Total yards</i>	3425	2800	2600	2225
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