

Saturday, December 21, 2024

Take Note->

100 swim warmup

Repeat like the song: 1, 2-1, 3-2-1, 4-3-2-1, etc.

<i>Yards</i>	12 DAYS OF CHRISTMAS		<i>Yards per round</i>
25	1 Partridge / Pear Tree	25 Sprint	25
25	2 Turtle Doves	25 Scull	50
50	3 French Hens	25 Breast stroke	100
100	4 Calling Birds	100 IM	200
0	5 Golden Rings	5 PUSH UPS	200
25	6 Geese-a-Laying	25 Backstroke	225
50	7 Swans-a-Swimming	50 Perfect stroke	275
50	8 Maids-a-Milking	50 w/min breaths	325
25	9 Ladies Dancing	25 Fly	350
50	10 Lords-a-Leaping	50 Dolphin dives	400
150	11 Pipers Piping	150 Pull	550
200	12 Drummers Drumming	200 IM	750

	Gold	Silver	Bronze	Iron
<i>Goal level:</i>	12 days	11 days	10 days	9 days
<i>Total yards:</i>	3550	2800	2250	1850