

## The 12 Sets of Christmas

<b>The 12 Sets of Christmas</b>	<b>1650</b>
Twelve 25s drilling	300 (take turns choosing the drill)
Eleven lengths no stopping	275 (choice of stroke/equipment)
Ten strokes of freestyle	25 (take only 10 strokes for 25 yards)
Nine flipper 50s	450 (freestyle w/ fins on SHORT rest interval)
Eight breaths for 50	50 (50 free; space out your breaths)
Seven strokes of breaststroke	50 (and 7 strokes for butterfly coming back)
Six 50s IM	300 (w/ fins 2 X [FL/BK..BK/BR..BR/FR])
Five lengths of kicking	125 (choice; end in the deep end)
Four minutes med ball	priceless
Three sprints choice	75 (3 X 25 choice, all out)
Two lengths of scull	50 (choice of scull)
And a silent swim to cool yourself down	50 (choice)
WARMDOWN	200 easy