**Workout #21: 12 Days of Christmas Workout**

**Warm up: 600 yds**

200 swim choice

200 Kick w/fins

200 Pull freestyle (buoy & paddles

**Main Set**

**You may do these in ANY ORDER YOU WISH. START WITH THE FUN STUFF ☺**

**LANEs 1 & 2 are designated diving board/cannonball/Handstand/somersault Lane…Work with your lane mates to rotate through the activities.**

* 1 x rope swing or diving board
* 2 x :30 plank on pool deck
* 3 x 100 IM w/fins on OR 3 x 100 freestyle breathing on “bad” side
* 4 x Cannonballs in the deep end or jump off the diving board!!
* 5 Streamline pushes off the wall
* 6 x 25’s kick w/fins: 25 dolphin kick on back or side
* 7 x :10 sec tread water with hands up (rest :30)
* 8 x 25 NO FREE
* 9 handstands on pool bottom
* 10 pushups on pool deck (may do from knees)
* 11 somersaults in the deep end (try going forwards & backwards) OR practice flip turns!!
* 12 Dives into the pool!

**TOTAL YARDAGE: 2,000 yards (1 mile = 1,760 yards)**