

Remember the Holiday Party is Sat.
Gold

Warm up: Until 5:45am

Swim: 3 x 300 #1 Kick/Drill/Swim 5:00
 #2 Pull/Kick/Swim
 #3 Build/Drill/Swim

8 x 50 Descend 1-4, 5-8 1:00

Rest: 1:30

Swim: 4 x 200 IM 3:05
 4 x 50 Cruise :50
 Rest: 1:00
 4 x 200 Free 2:45
 4 x 50 Cruise :50

Rest: 2:00

Swim: 12 x 75 Stroke/Free/Stroke 1:15
 (sprint the turns)

Warm Down

Remember the Holiday Party is Sat.
Blue

Warm up: Until 5:45am

Swim: 3 x 300 #1 Kick/Drill/Swim 5:30
 #2 Pull/Kick/Swim
 #3 Build/Drill/Swim

8 x 50 Descend 1-4, 5-8 1:00

Rest: 1:30

Swim: 4 x 200 IM 3:25
 4 x 50 Cruise :55
 Rest: 1:00
 4 x 200 Free 3:05
 4 x 50 Cruise :55

Rest: 2:00

Swim: 8 x 75 Stroke/Free/Stroke 1:25
 (sprint the turns)

Warm Down

Remember the Holiday Party is Sat.
White

Warm up: Until 5:45am

Swim: 3 x 300 #1 Kick/Drill/Swim 6:00
 #2 Pull/Kick/Swim
 #3 Build/Drill/Swim

8 x 50 Descend 1-4, 5-8 1:05

Rest: 1:30

Swim: 3 x 200 100 IM/100 Free 4:05
 4 x 50 Cruise 1:05
Rest: 1:00
3 x 200 Free 3:45
4 x 50 Cruise 1:05

Rest: 2:00

Swim: 6 x 75 Stroke/Free/Stroke 1:45
 (sprint the turns)

Warm Down

