

The 12 Days of Christmas

Day 1: 25 NB

Day 2: 50 Tarzan Swim

Day 3: 75 Texas Kick

Day 4: 100 Catch-up drill

Day 5: 125 Drag fingertips

Day 6: 150 no breathing inside the flags

Day 7: 175 stroke choice

Day 8: 200 kick

Day 9: 225 alternate stroke/free by 25's

Day 10: 250 5 – 7 breathing

Day 11: 275 alternate double arm backstroke/breaststroke

Day 12: 300 choice build