

## Holiday Workouts

**The Theme:** Overload kick, and pull, at the end of a 200!

**Keep in mind:** You may not have a pace clock to use and you may run into other problems. So, adapt!  
You may need to rest 15 after each swim, or modify in other ways. Just do your best!

### Practice #1

After Warm up

4 x 150 Choice @ 3:00 50 pull fast, middle 50 swim, 50 pull fast

4 x 150 Choice @ 3:00 50 kick fast, middle 50 swim, 50 kick fast

24 x 50 Choice @ 1:00 (1-kick, 1-pull, 1-swim) x 8

24 x 50 @ 1:00 (1-free, 1-choice, 1-IM) x8

### Practice #2

After Warm up

9 x 175 Choice @ 3:00 (1-75 kick, 75-pull, 75-swim / 1-75 S, K, P / 1-75 P, K, S) x 3

16 x 75 Choice @ 1:30 (1-kick, 1-pull, 1-swim, 1-underwater pullouts) x 4

15 x 75 (1-free, 1-choice, 1-IM) x5 @ 1:30

### Practice #3

After Warm up

20 x 50 Choice pull / 4@1:20, 4@1:10, 4@1:00, 4@:50, 4@40

20 x 50 Choice kick / 4@1:20, 4@1:10, 4@1:00, 4@:50, 4@40

20 x 50 Choice swim/ 4@1:20, 4@1:10, 4@1:00, 4@:50, 4@40

### Practice #4

After Warm up

24 x 75 (8-kick, 8-pull, 8-swim, Choice) @ 1:30

24 x 50 (8-kick, 8-pull, 8-swim, Choice) @ 1:00

24 x 25 (8-kick, 8-pull, 8-swim, Choice) @ :30

### Practice #5

After Warm up

5 x 250 IM @ 5:00 Normal 200 IM with a 50 Choice, pull on the extra 50

5 x 250 IM @ 5:00 Normal 200 IM with a 50 Choice, kick on the extra 50

### Practice #6

After Warm up

4 x 250 Choice @ 5:30 150 long, rest 15, 50 fast, rest 15, 50 fast

4 x 250 Choice @ 5:30 50 long, rest 15, 100 fast, rest 15, 100 fast

4 x 200 IM @ 4:00 25 long, 25 fast each stroke

### Practice #7

After Warm up

16 x 75 (4 of each stroke) - middle pull @ 1:30 (You will have to move buoys to end for the start)

16 x 50 (4 of each stroke) – pull @ 1:00

16 x 25 (4 of each stroke) – pull @ :30

Time left – 24 x pull (6 of each stroke) @ :30

Just do as much as you have time for.

Aloha, Kirby