

'12 Days of Christmas' Swim Programme

"On the first day of Christmas, my swim coach gave to me?" can be sung by swimmers just before each set... Can be modified to suit swimmers... fins optional.

Days of Christmas	Level 1	Level 2
1 st Day of Christmas	200m	400m Free
2 nd Day of Christmas	2 x 25m Fly or Fly kick	2 x 50m Fly
3 rd Day of Christmas	3 x 25m Dive starts, swim to 25m and walk back	3 x 25m dive, swim to 25m and walk back
4 th Day of Christmas	4 x 25m Breaststroke on 1 min	4 x 50m Breaststroke on 1 min/1.15
5 th Day of Christmas	5 x 25m Free Pull with 10 sec rest	5 x 50m Free Pull on 1 min
6 th Day of Christmas	6 x 25m Back stroke on 45 sec/1 min	6 x 50m Back on 1 min/1.15
7 th Day of Christmas	7 x 25m Form Kick - not free (fins optional) on 1 min/1.15	7 x 25m or 50m Form Kick (fins optional) on 1.30
8 th Day of Christmas	8 x 25m IM order on 1 min	8 x 25m IM order on 45 sec
9 th Day of Christmas	9 x forward rolls/tumble turns (stand after each)	9 x tumble turns (stand after each)
10 th Day of Christmas	10 x 25m Free Kick (fins optional) on 1 min	10 x 25m or 50m Free kick (fins optional)
11 th Day of Christmas	11 star jumps	11 start jumps
12 th Day of Christmas	12 jelly beans?	12 jelly beans? Or whatever?