



# HARD YAKKA SWIM

## CHALLENGE

Celebrate Australia Day (some time in January)... with a Hard Yakka Swim Challenge... get your mates together, swim hard and then celebrate with a barbie and a beverage in “true blue” Aussie fashion. There are four levels. Look forward to your feedback and photos! Happy New Year!

<p><b>THE RIDGY DIDGE -</b> Mega Hard Yakka Challenge</p> <p>100 x 100m = 10km</p>	<p>10 x 100m (75 Free, 25m Kick and scull)            10 x 100m Free            10 x 100m Free Pull            10 x 100m Free Kick (fins optional)            10 x 100m Backstroke            10 x 100m Breaststroke            10 x 100m IM            10 x 100m Form Kick            10 x 100m (50m Fly Kick, 50m Fly)            10 x 100m Choice</p>
<p><b>THE FAIR DINKUM -</b> Hard Yakka Challenge</p> <p>6km</p>	<p>30 x 50m Free (fins optional)            20 x 50m Free Kick with fins            20 x 50m Free Pull            20 x 50m Back (fins optional)            20 x 50m Breaststroke or Butterfly (fins)            5 x 100m IM</p>
<p><b>THE TRUE BLUE -</b> Hard Yakka Challenge</p> <p>4km</p>	<p>20 x 50m Free (fins)            20 x 50m Free Kick with fins            5 x 100m Free Pull (or 10 x 50m Free Pull)            20 x 50m Breast or Back (fins)            5 x 100m IM</p>
<p><b>THE DINKY DIE -</b> Hard Yakka Challenge</p> <p>2km</p>	<p>10 x 50m Free (fins)            10 x 50m Free Kick (fins)            4 x 100m Back fins (or 8 x 50m)            8 x 25m Fly or fly kick with fins            4 x 100m Breast (or 8 x 50m)</p>