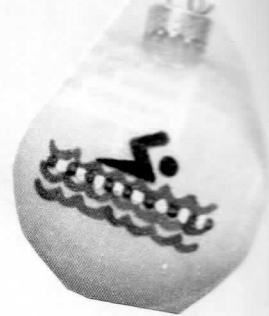




The 12 days of swimming



12 lengths - 12 freestylers freeing. 300 free

11 lengths - 11 drillers drilling. 25 drill/25 swim for 325.

10 lengths - 10 IMers IMing. 250 IM: 25 fly, 50 back, 75 breast, 100 free

9 lengths - 9 kickers kicking. 25 kick/25 swim for 225.

8 lengths - 8 backstrokers stroking. 200 backstroke.

7 lengths - 7 freestylers a swimming. 175 free.

6 lengths - 6 breaststrokers also stroking. 150 breast.

5 lengths - 5 golden kicks. 125 kick

4 lengths - 4 more IMs. 100 IM

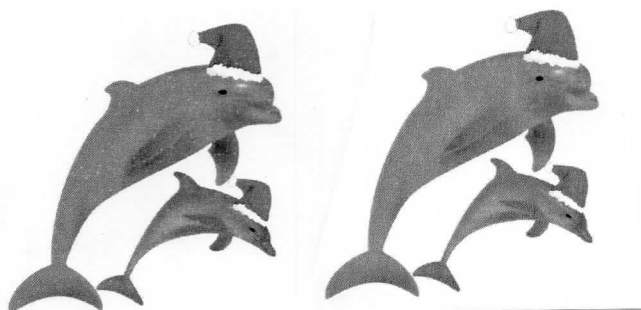
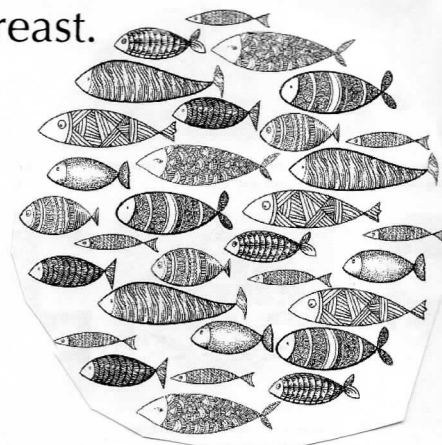
3 lengths - 3 butterflies. 75 fly

2 lengths - 2 sprinters. 50 free sprint

1 length - And a dolphin in a lap pool. 25 underwater dolphin kick

50 easy

Cooldown



Total: 2,000