**HOLIDAY workouts**

**Monday**

Warm ups and flexibility

2x350 descending from 75/ 70 with 6 min recovery

3X150 @ 21

**Wednesday**

Warm ups and flexibility

2X(3x200) descending from :38, :37,36 : then 8 minute walk jog/ repeat cycle

**Friday**

Warm ups and flexibility

 6X150 flys @ 21 TOTAL 200 METERS WITH 200 WALK JOG BETWEEN REPS

Lite jog and stretch