



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

12 SWIMS OF CHRISTMAS

Nathan Williams, Membership and Aquatics Director from the High Street YMCA is leading us through a December swim challenge. Nathan is encouraging members to stay active this month even among the hustle, bustle, and change of routines that come with the holidays.

One way to stay accountable to maintaining or improving fitness is to utilize a training plan. Nathan has collaborated with nine swimmers to compile twelve different swim-based workouts. Completing these workouts will add variety and excitement to your next swim.

The main sets in this training plan are designed to be completed after a warm up of your choice. You should also complete a cool down when wrapping up the workout.

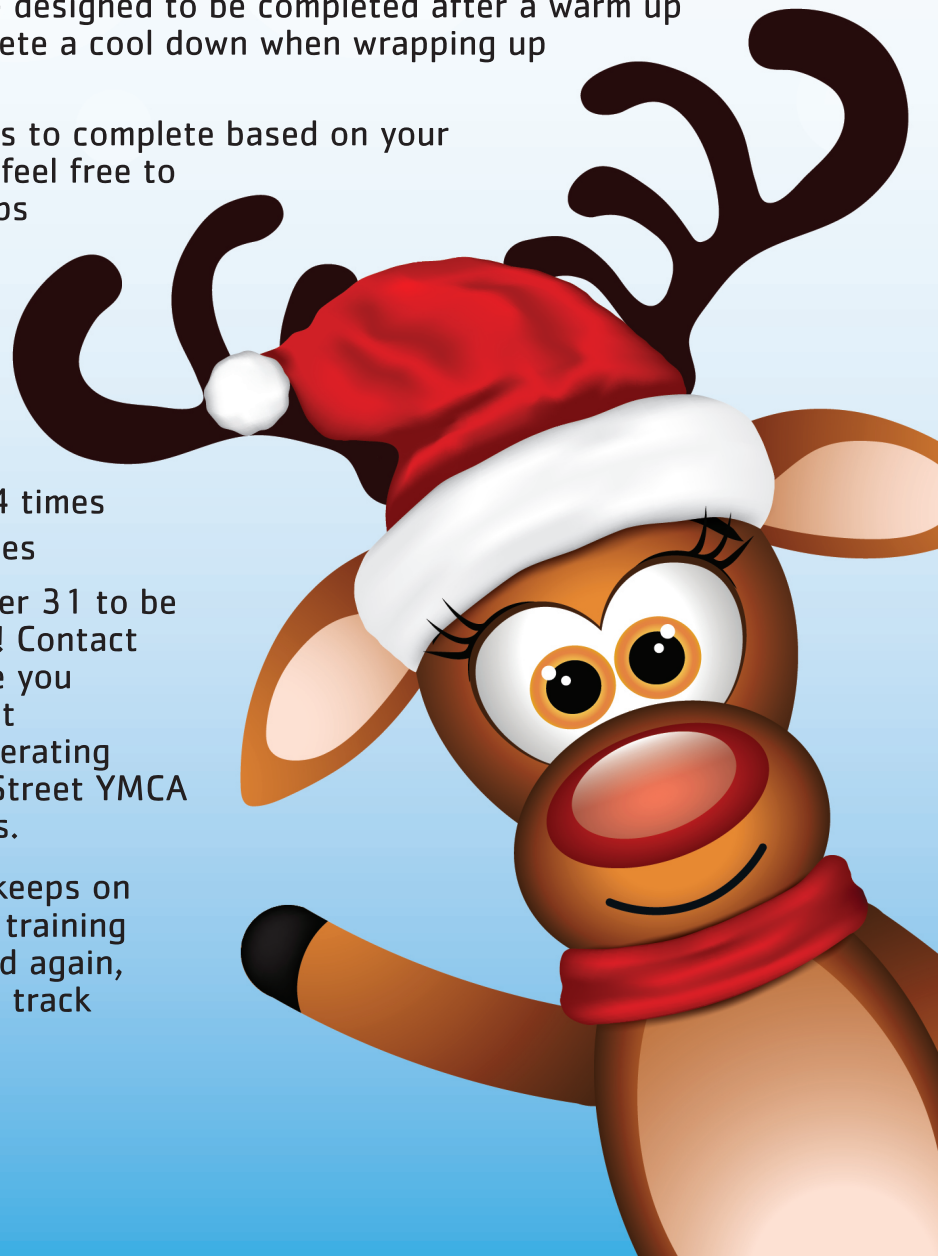
Below is the suggested number of reps to complete based on your experience level in the pool; however, feel free to adjust the intensity and number of reps based on your individual ability.

Note: one length of the High Street YMCA pool is 25 yards. One lap of the High Street YMCA pool is 50 yards.

- **New Elf** - Repeat 1 or 2 times
- **Experiences Elf** - Repeat 3 or 4 times
- **Veteran Elf** - Repeat 5 or 6 times

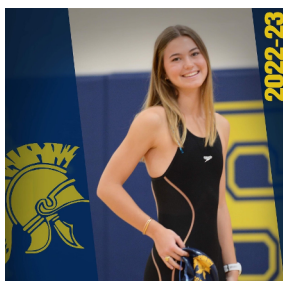
Complete all workouts before December 31 to be entered to win a free YMCA swim cap! Contact Nathan (nwilliams@ymcacky.org) once you complete the training plan. Please visit ymcacky.org/schedules to view the operating hours of the indoor pool at the High Street YMCA or other YMCA of Central KY locations.

BONUS! This is the challenge that keeps on giving. We encourage you to keep the training plan handy so you can use it again and again, when you're ready to mix things up or track progress from your original efforts.



MEET THE WORKOUT CREATORS

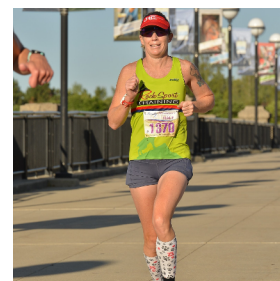
All 12 of these workouts were created for you by people just like you! With varying athletic experiences and abilities (college sports, elite age groupers, certified coaches, or just fitness enthusiasts), these athletes are full-time working individuals who are also striving to be better.



Dakota Musgrave
Student
14 years swimming



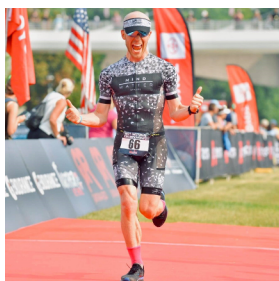
Kyle Flack
Professor of Dietetics
8 years swimming



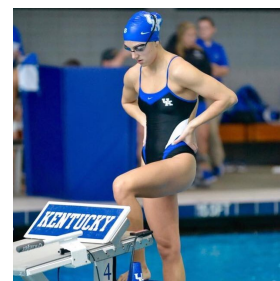
Erin McMahon Rock
Personal Trainer
10 years swimming



Shannon Florea
Physician
21 years swimming



Nathan Williams
YMCA Director
4 years swimming



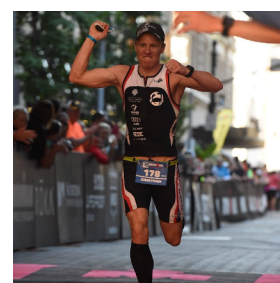
Allie Petersen
Financial Analyst
20 years swimming



Isaac Jones
Math Teacher
20 years swimming



Matt Hughes
Finance Officer
3 years swimming



Jonathan Feddock
Radiation Oncologist
20 years swimming

SWIM #1 – “THE PARTRIDGE”

DATE COMPLETED _____

Workout created by Nathan Williams

100 yards fast, 50 yards easy
100 yards kickboard
75 yards fast, 75 yards easy
100 yards kickboard
50 yards fast, 100 yards easy
100 yards kickboard

SWIM #2 – “TURTLE DOVES”

DATE COMPLETED _____

Workout created by Allie Petersen

75 yards easy
25 yards fast, 50 yards easy
50 yards fast, 25 yards easy
75 yards fast
75 yards easy
25 yards fast, 50 yards easy
50 yards fast, 25 yards easy
75 yards fast

SWIM #3 – “FRENCH HENS”

DATE COMPLETED _____

Workout created by Erin McMahon Rock

Descenders: aim to pace so that each set of the same distance is faster than the previous one

2 x 100 yards moderate
3 x 50 yards hard
6 x 25 yards all out

SWIM #4 – “CALLING BIRDS”

DATE COMPLETED _____

Workout created by Kyle Flack

100 yards easy
100 yards moderate
100 yards hard
100 yards kickboard
200 yards easy

SWIM #5 – “GOLD RINGS”

DATE COMPLETED _____

Workout created by Dakota Musgrave

Ladder climb – strive for an effort that ensures all distances are the same as (or faster than) the previous one

8 x 25 yards
4 x 50 yards
2 x 100 yards
1 x 200 yards

SWIM #6 – “LAYING GEESE”

DATE COMPLETED _____

Workout created by Erin McMahan Rock

Surge Intervals – increase your effort at various points within the 100 yards without stopping

100 yards easy
100 yards broken (25 fast, 75 easy)
100 yards broken (25 easy, 25 fast, 50 easy)
100 yards broken (50 easy, 25 fast, 25 easy)
100 yards broken (75 easy, 25 fast)

SWIM #7 – “SWIMMING SWANS”**DATE COMPLETED** _____

Workout created by Nathan Williams

“The Christmas Tree” what goes up, must come down

25 yards hard, 25 yards easy

50 yards hard, 25 yards easy

75 yards hard, 25 yards easy

100 yards hard, 25 yards easy

75 yards hard, 25 yards easy

50 yards hard, 25 yards easy

25 yards hard, 25 yards easy

SWIM #8 – “MAIDS MILKING”**DATE COMPLETED** _____

Workout created by Matt Hughes

100 yards hard

100 yards easy

2 x 100 yards hard

100 yards easy

3 x 100 yards hard

100 yards easy

SWIM #9 – “DANCING LADIES”**DATE COMPLETED** _____

Workout created by Matthew Feddock

Descenders: aim to pace so that each set of the same distance is faster than the previous one

300 yards

2 x 150 yards

3 x 100 yards

4 x 75 yards

6 x 50 yards

SWIM #10 – “LEAPING LORDS”

DATE COMPLETED _____

Workout created by Allie Petersen

100 yards swim

25 yards kickboard, 75 yards swim

50 yards kickboard, 50 yards swim

75 yards kickboard, 25 yards swim

100 yards kickboard

SWIM #11 – “PIPING PIPERS”

DATE COMPLETED _____

Workout created by Isaac Jones

Aim to keep the pace consistent despite varying periods of recovery

4 x 50 yards with 15 seconds rest

3 x 50 yards with 10 seconds rest

2 x 50 yards with 5 seconds rest

1 x 50 yards with 2-3 seconds rest

2 x 50 yards with 5 seconds rest

3 x 50 yards with 10 seconds rest

4 x 50 yards with 15 seconds rest

SWIM #12 – “DRUMMING DRUMMERS”

DATE COMPLETED _____

Workout created by Shannon Florea

“3/2/1 blast off”

300 yards steady effort

200 yards broken (50 fast, 50 easy, 50 fast, 50 easy)

100 yards broken (25 kick, 50 stroke, 25 kick)