

- Land based movements: arm swings, YTWL (like YMCA!) leg swings, hip rotations and trunk twists (before 9pm)
- 5 minute swim: aim to complete 200-300m swim which must include at least 100m front crawl but this doesn't need to be continuous.
- **Kick-pull-full x 4: 25m with kickboard, 25m with pull buoy, 25m full stroke (repeat 4 times)**