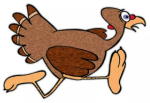


Saturday, November 23, 2024



300 swim – 200 kick – 300 pull

Take smaller servings so you'll have room for pie!

Choose a Vegetable (max 1000 yards)	
Succotash	***Yams***
10 x (25 + 25 + 50) **25s are non-free** **50 is choice**	**8 x (75 + 50)** **All free** **Descend 50s on rounds 1 - 4**

Choose a Meat (max 1500 yards)		
White Meat	***Dark Meat***	***Turducken***
10 x (25 + 50 + 75) **Odd rounds:** **25 Ez/50 mod/75 fast** **Even rounds:** **25 Fast/50 mod/75 ez**	**6 x (100 + 100 + 50)** **Rounds 1-3: Descend the 1st 100** **Rounds: 4-6: Descend the 2nd 100** **50 is always easy**	**10 x (25 + 50 + 75)** **Each swim within a round is a different stroke.** **All 25s are sprint**

Stuffing (max 600 yards)
8 x (25 + 50) **25 -- UW dolphin kick until you need a breath, then kick on your back** **50 drill / swim choice of stroke**

Pie (max 600 yards)	
Pumpkin Pie	***Pumpkin Pie w/ WHUPPIN CREAM***
4 x 6 x 25 **Each round is:** **1 – 3 fast; 4-5 mod; 6 ez**	**4 x 6 x 25** **Same as Pumpkin pie +** **Half are fly or 2 breaths max free**

Workout thanks to Walnut Creek Masters