



Saturday, November 23, 2024

300 swim – 200 kick – 300 pull

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

<i>Choose a Vegetable (max 1000 yards)</i>	
<i>Succotash</i>	<i>Yams</i>
$10 \times (25 + 25 + 50)$ 25s are non-free 50 is choice	$8 \times (75 + 50)$ All free Descend 50s on rounds 1 - 4

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

<i>Stuffing (max 600 yards)</i>
$8 \times (25 + 50)$
25 -- UW dolphin kick until you need a breath, then kick on your back 50 drill / swim choice of stroke

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

Workout thanks to Walnut Creek Masters