



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