



**Wednesday, November 26, 2025**

**300 swim – 200 kick – 300 pull**

**Gold: Swim all courses**

**Silver: Skip stuffing or vegetable**

**Bronze: Skip vegetable**

**Iron: Skip stuffing; skip vegetable or pie.**

<b>Vegetable Choices (500 yards)</b>	
<b>Green Beans</b>	<b>Yams</b>
<b>5 x ( 25 + 25 + 50 )</b>	<b>4 x 125</b>
<b>25s are non-free 50 is free</b>	<b>All free. 1<sup>st</sup> 75 smooth. Increase the effort on the last 50</b>

<b>Protein Choices (900-1000 yards)</b>		
<b>Ham</b>	<b>Dark Meat Turkey</b>	<b>Turducken</b>
<b>7 x 150</b>	<b>4 x 250</b>	<b>400-300-200-100</b>
<b>Odds: 25 Fast-50 mod-75 ez Evens: 25 Ez-50 mod-75 fast</b>	<b>Odds: Peppy 1st 100 Evens: Peppy 2<sup>nd</sup> 100 Last 50 is always ez</b>	<b>All IM Drill and/or kick as needed</b>

<b>Stuffing (300 yards)</b>
<b>Kick – Do at least 150 without a board and work extended underwater kick</b>

<b>Pie Choices (500 yards)</b>	
<b>Pumpkin Pie</b>	<b>Pumpkin Pie w/ WHUPPIN CREAM</b>
<b>4 x 5 x 25</b>	<b>4 x 5 x 25</b>
<b>Each round is: 1, 3: mod; 2, 4: fast; 5: ez</b>	<b>Same as Pumpkin pie + Fast 25s are 2 breaths max or fly</b>