



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.

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

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

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

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