

Focus: Turkey Burn

Warm Up 2x or 1x thru: increasing effort

100 Swim choice

100 Kick

100 Pull

100 IM Drill (800/400)

6x 150 or 3x 75

Descend 1-3, @ base +:10 or R:15

R1: 50/25 Free 50/25 Kick 50/25 Free

R2: 50/25 Kick 50/25 Free 50/25 Kick

R3: 50/25 Back 50/25 Kick 50/25 Back

(900/700)

6 x 100/75 Pull

Descend by two's @ base +:15 or R:20

1-2: 50-60%

3-4: 65-75%

5-6: 80-85% (600/450)

1 x 200/100 Non-Free Kick (200/100)

1 x 300 Best Effort, 75 Free, 25 Non-Free (300)

1 x 200 EZ Swim & Scull by 25's (200)

Focus: Turkey Burn