

Goal: Have a fun Thanksgiving!

Wednesday (11/21)

Warmup

300 Swim

4 x 50 Kick R:10s

8 x 25 Freestyle Drill R:10s

Odds: Elbow pause (shark drill)

Evens: 6 kick, 1 pull, 6 kick

(700)

Main Set

(3x / 4x): TURKEY 100s (focus on something different each 100)

6 x 100s: All choice, R:20s

T: Turns (fast turns, easy between flags)

U: Underwaters (2+ streamline dolphin kicks off every wall)

R: Race (fast)

K: Kick

E: Easy (relax)

Y: DPS (distance per stroke, aka maximum Yards per stroke)

(1800 / 2400)

Cooldown

3 x 50 Silent Swim

(150)