

Focus: Aerobic Free, Aerobic Free, Aerobic Free.....
Did you know the average calories consumed on Thanksgiving is 4500?

Appetizer (1x or 2x Servings)

200 Swim Choice

4 x 50 Ez > 25 NonFree Ez/ 25 Fast Free (800/400)

Choice - *Pie or **Main Course:

Required Strength Sets:

Between each set 2x :30 (4-6 Press Ups @:20)

***Ez as Pie: (2250)**

45 x 50's (choice 50's or 25's)

5 x 50's Build Free base +:10 or R:10

10 x 50's Odd Fast/Even EZ base +:10 or R:10

15 x 50's 60-75% base -:05 or R:05

10 x 50's Pull base +:10 or R:10

5 x 50's Fast Kick for time base +:15 or R:10

45 x 100's.....just kidding

****Main Course: (2000)**

4 x 500's (not kidding)

#1 - 75 Free, 25 Breast fast base +:10 or R:20

#2 - Pull DPS, 60-70% base +:10 or R:20

#3 - Free 75% base +:20 or R:30

#4 - 75 Back, 25 Butterfly fast, fins

200 EZ Loosen, Enjoy your Thanksgiving!