Burn the Turkey **Monday 50's**

Warmup: (600) (10 minute)

200 Swim (every 3rd 25 Long Doggy Paddle)

200 Kick Choice: Even 25's accelerate between flags

200 Pull: Even 25's finger-tip drag/catch up (600)

-ReGroup -

6 x 50 Power PULL Drills: (300) - Arm position & acceleration

1 & 3: Backward - Single Arm Power Pull/Underwater Recovery

2 & 4: Forward - Over-Under Free

5 & 6: Paddles - Upside down & Pinch Paddle (900)

TURKEY 50's (1x - 2x thru) (1000/2000)

Odd Round: Free, Even Round: Stroke

T: (2 x 50) Fast Turns	60-65%	@:45/1:00
U: (2 x 50) Streamlines	70-75%	@:55/1:15
R: (2 x 50) Race	80-85%	@:65/1:30
K: (2 x 50) Kick	90-95%	@:75/1:45
E: (2 x 50) Ez (relax)		R:20"
Y: (2 x 50) DPS (ie, Max **Y**ards/stroke)		R:20"

1 x 400: Cruise Pace Choice/Pull/Kick. (1900/2900)

Cooldown: (300)

1 x 100 "Silent Swim", 1 x 100 Pull, 1 x 100 Choice (2200/3300)