November 2026 - Thanksgiving Side Dishes
3,800 yards - Friday, November 20

Green Beans with Ginger Butter

1. Cook Beans in Water until Tender **(600)**
- 2 x 200 Swim + 100 Kick

2. Drain Beans & Plunge in Ice Water **(900)**
- Pyramid by 100s 100,200,300,200,100
- 10 sec. rest between

3. Heat Butter in Skillet **(500)**
- 5 x 100s, IMs or Non-Free
- Intervals by Lane,

4. Cook Ginger in Butter until Golden **(500)**
- 10 x 50s, Odd Free, Even Stroke,
- Intervals by Lane

5. Add Beans and Cook Thoroughly **(1,000)**
- 5 x 200, Odd Free, Even IM,
- Intervals by Lane

6. Remove from Heat, add Lemon Zest **(300)**
- 300 Choice