Happy Halloween!

We will go Trick or Treating down OA Way! At each house, one swimmer will "ring the doorbell" and choose the right or left hand to determine a "trick" or a "treat" set. Treat = candy and easy swim; Trick = hard set!

There are 6 homes on OA Way. *Don't* be scared!

Before we head out, let's warm up (get in costume).

3x300 EZ

- **300 scull/UW**
- **300 EZ free-no brth/stroke build**
- **20x25 @ 30 – *IM order – build 1-4 to 90%***

Treat *(plus candy!)*	***Trick***
1. 200 IM EZ	16x50 at 40 Free Pads, brth R/3/L/5
2. 200 Stroke Scull/Drill	16x50 at 40 Fly-K/fins fast (1/2 UW)
3. 5x50 Free EZ, brth "off" side	8x100 Free FPSO (reset by int lanes)
4. 100 K/C* (see below)	24x25 stroke fins max @ 20 (4th EZ)
5. 200 Stroke Kick	1x500 vert SL stroke kick
6. 200 Off-stroke drill/swim	8x50 Stroke @1:10 – All Out

Maximum is 7,000 (a *little* scary!), Minimum is 3,500 (sweet!)

"To him who is in fear everything rustles." *Sophocles*

***Kick & Chat topic – best and worst costume (yours) and best and worst treat**