

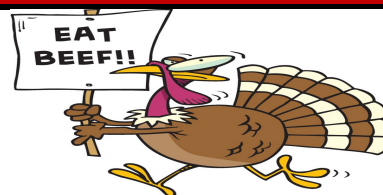
Orinda Aquatics Thanksgiving Workout

Happy Thanksgiving!

Welcome back to our college swimmers! It is great to see you! We are VERY proud of you!



"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." - Epictetus



"A thankful heart is not only the greatest virtue, but the parent of all the other virtues." Cicero

Use the workout to reflect on blessings, how to express gratitude, and who you could reach out to.

Type	Part of the Meal	Set	Interval	Yards	Notes
Salad warm-up	Lettuce	800 Free (brth 3rd)	NA	800	Main part of the salad
	Vegetables	600 Choice ("mix" it up)	NA	600	Add some ingredients (mixed veggies)
	Dressing	9x50 Free - build 1-3	at 45	450	"Build" up salad
Drink	Milk/Water	50 Easy	NA	50	Take a sip
Bread post warm-up	Rolls	6x50 mid-pool turns	at 55	300	"Rolls" (Fr or Bk) White or Wheat!
	Butter	Build each 50	NA	-	Add something to make it better!
	Jam	Work the SL (3-4 lines)	NA	-	"Jam" off the wall
Drink	Milk/Water	50 easy	NA	50	Take a sip
Clear your salad plates and get in line (go to interval lane) for the "main" course					
1st helping!	Turkey	10x100 Free (smoooooth)	EN2 base	1000	Main part of meal/"pace" yourself
	Mashed Potatoes	Kick 600 - (2 free/1 fly)	NA	600	Fr kick is potatoes (staple)/Fly is gravy
	Stuffing	8x25 Main Stroke EZ/F	at 30	200	Add some spice to the meal
	Vegetable "Medley"	1x600 IM (odd mod/even 15m UW)		600	Mix it up - hard to eat but good for you!
	Yams	3x50 Fly-brth-0/1, 1/0, 0/0 at 1:00		150	May want to hold your breath for this
	Gravy	Fins optional	NA	-	Makes it better ("easier" to eat)
Drink	Milk/Water	100 easy	NA	100	Take a big sip
2nd Helping	Turkey	5x100 Free	EN2 - 2.5	500	More meat! (I know, you're full!)
	Mashed Potatoes	Kick 300 - alt free/fly	NA	300	More gravy!
	Stuffing	6x25 Main Stroke E/F	at 25	150	More stuffing-still fast!
	Vegetables	1x400 IM fins - build IM	NA	400	Couldn't get away with no veggies!
	Yam (1)	1x50 Fly - NB	NA	50	Force this one
Drink	Milk/Water	100 easy	NA	100	Take a big sip
3rd Helping	Stuffing	4x25 Main Stroke Fast	at 20	100	Can't get enough stuffing! Eat FAST!
Drink	Milk/Water	200 easy	NA	200	Drink a lot
Desert	Pumpkin Pie	Relays	NA	150	Always room for desert! 2 slices-2 relays!
	Whipped Cream	Winner gets out	NA	-	Sweetens it up - NO DISHES!
Relax	Warm down	Stretch out	NA	600	Relax after a "big" meal
Clean up!	Do the Dishes	Everyone helps		7,000	Covers on, equipment away!

And Thank YOU, for being a part of this team!

Gratitude Principles

Family:		Reach out/make a difference
Friends:		Be grateful - always
Swimming:		Be positive - always
The Team:		Thank your parents (daily!)
School:		Acknowledge others
Your support:		Appreciate yourself
Other:		Appreciate the process

Contact three people you have not spoken with in a while.