

**Triple Crown Part 2**

**75 swims on 1:20 sendoff; no equipment**

**Set takes 1 hour 40 minutes.**

**7500**

75 X 100

**7200**

6 X (10 X 100 + 2 X 75)

Finish with 3 X 100

**7100**

10 X 100

2 X 75

10 X 100

2 X 75

8 X 100

2 X 75

8 X 100

2 X 75

6 X 100

2 X 75

6 X 100

2 X 75

4 X 100

2 X 75

4 X 100

2 X 75

3 X 100

**7000**

11 X 100

1 X 50

10 X 100

1 X 50

9 X 100

1 X 50

8 X 100

1 X 50

7 X 100

1 X 50

6 X 100

1 X 50

5 X 100

1 X 50

4 X 100

1 X 50

3 X 100

1 X 50

2 X 100

1 X 50

**7000**

10 X (5 X 100 + 2 X 75)

Finish with 5 X 100

**6700**

8 X (5 X 100 + 4 X 75)

Finish with 3 X 100

**6450**

10 X (3 X 100 + 4 X 75)

Finish with:

3 X 100 + 2 X 75

**6250**

12 X (2 X 100 + 4 X 75)

Finish with:

1 X 100 + 2 X 75

**6000**

15 X (1 X 100 + 4 X 75)

**5850**

8 X (1 X 100 + 8 X 75)

Finish with:

1 X 100 + 2 X 75

**5625**

75 X 75

**5500**

5 X (12 X 75 + 1 X 50)

Finish with 10 X 75

**5450**

12 X 75  
1 X 50  
12 X 75  
1 X 50  
10 X 75  
1 X 50  
10 X 75  
1 X 50  
8 X 75  
1 X 50  
8 X 75  
1 X 50  
8 X 75  
1 X 50

**5350**

10 X (6 X 75 + 1 X 50)  
Finish with 4 X 75 + 1 X 50

**5250**

15 X (4 X 75 + 1 X 50)

**5000**

12 X (4 X 75 + 2 X 50)  
Finish with 2 X 75 + 1 X 50

**5000**

25 X (2 X 75 + 1 X 50)

**4700**

18 X (2 X 75 + 2 X 50)  
Finish with 2 X 75 + 1 X 50

**4500**

15 X (2 X 75 + 3 X 50)

**4375**

25 X (1 X 75 + 2 X 50)

**4125**

15 X (1 X 75 + 4 X 50)

**3750**

75 X 50

**3400**

7 X (8 X 50 + 2 X 25)  
Finish with 5 X 50

**3250**

10 X (5 X 50 + 2 X 25)  
Finish with 5 X 50

**3000**

15 X (3 X 50 + 2 X 25)