

Triple Crown 3

TC3 is 100 swims (of any length) on 1:15 sendoff.

Triple Crown Rules

- Don't be late!
- Do every repeat w/o sitting any out (except bathroom breaks; see below).
- Do not miss the interval. If you come in after the sendoff time you must deduct one length from that repeat. E.g., if you're alternating 75s and 50s on 1:15 and you come in on the 75 at 1:16, it only counts as a 50. You can't "make it back up" on the shorter distance repeat. If you're doing all one distance and slip above the interval on one but make it back up on the next repeat it is not held against you.
- No equipment of any kind.
- **Swim smart!** The goal is not to swim as far as you can. The goal is to swim with good technique throughout a longer-than-usual swim session. It's OK to mix in kicking, drilling, sculling with your swimming.
- If you're circling, leave :05 apart, no earlier (:10 is OK).

Bathroom break: On TC3, we're imposing a mandatory bathroom break of 2-and-a-half minutes (the equivalent of 2 X 1:15). If you prefer, you may take *two* breaks, each of which lasts for 1:15. You may not, however, take ten breaks, each lasting 15 seconds. You may take your break(s) at any point during TC3. If you don't need a bathroom break, take a rest break anyway and stay in the pool!

Sample "Menus"

8750

50 X (1 X 100 + 1 X 75)

8,350

33 X (1 X 100 + 2 X 75)

Finish with 1 X 100.

7,500

100 X 75

7,250

9 X (10 X 75 + 1 X 50)

Finish with 1 X 75.

7,150

14 X (6 X 75 + 1 X 50)

Finish with 2 X 75.

7,000

20 X (4 X 75 + 1 X 50)

6,875

25 X (3 X 75 + 1 X 50)

6,700

16 X (4 X 75 + 2 X 50)

Finish with 4 X 75.

6,675

33 X (2 X 75 + 1 X 50)

Finish with 1 X 75.

6,500

20 X (3 X 75 + 2 X 50)

6,250

25 X (2 X 75 + 2 X 50)

6,250

50 X (1 X 75 + 1 X 50)

5,850

33 X (1 X 75 + 2 X 50)

Finish with 1 X 75.

5,625

25 X (1 X 75 + 3 X 50)

5,500

20 X (1 X 75 + 4 X 50)

5,000

100 X 50