

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)