



The Monster Mash (and other songs) Halloween Practice 2020

Monster Mash set - 400

4 x 50 - Drill/swim — 6-beat kick on one side, three strokes, 6-beat kick on your other side.

Focus on **hip rotation**, which is critical for doing “The Transylvania Twist.”

4 x 50 - build — Important for building up your speed (to confront the evil of the Thriller in the next set)

Lyrics: He did the mash, he did the monster mash/The monster mash, it was a graveyard smash



Thriller set — 1,200

3 sets (one set free, one IM, one choice)

of 4 x 100 — (first is medium, second is faster, third fast, fourth easy)

Lyrics: You hear the door slam/And realize there's nowhere left to run

Or swim — That doesn't mean you're not going to try



Don't Fear the Reaper swim - 500 free

Lyrics: Romeo and Juliet/Are together in eternity ... Come on, baby/Don't fear the reaper

A 500 will feel like an ETERNITY to some of you sprinters

Dead Man's Party kick set - 300

4 x 75 kick

Lyrics: It's a dead man's party who could ask for more? Everybody's comin', leave your body at the door/Leave your body and soul at the door

Hey, the song says nothing about the legs. Besides, you need strong legs to dance at the Dead Man's Party.

Werewolves of London cool down - amount is up to you

Lyrics: I saw a werewolf with a Chinese menu in his hand/Walking through the streets of SoHo in the rain

He was looking for a place called Lee Ho Fook's/Gonna get a big dish of beef chow mein

After your workout, you'll be hungry enough to enjoy perhaps some Chinese takeout (or a Pina colada, though there's no Trader Vic's around here)

Total: 2,400, plus warmup and cool down

