

Pi Day!



Annual celebration of the world's greatest mathematic constant, π / π !

π is the ratio of a circle's circumference to its diameter, roughly 3.14 but with possibly perpetual decimals. Pie is also something delicious.

Today be sure to think about all the **pi** and **pie** in your life to celebrate!

For fun: take turns asking questions or telling jokes about math or baking (same thing) after each set. Enthusiasm is appreciated.



HARD

HARDER

HARDEST

WARM UP

50 freestyle 50 back 50 breast	100 freestyle 75 back 75 breast	150 freestyle 150 back 150 breast
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MAIN SET - begins at 8:08

2 x 150 alternating pull/upper body - buoy optional 25 freestyle - fast 50 freestyle - normal speed 25 breast - fast 50 breast - normal speed Rest 1:00	2 x 200 alternating pull/upper body - buoy optional 50 freestyle pull - fast 50 freestyle regular - normal speed 50 breast pull - fast 50 breast regular - normal speed Rest 1:00	2 x 200 alternating pull/upper body 75 freestyle pull - fast 25 freestyle regular - normal speed 75 breast pull - fast 25 breast regular - normal speed Rest 1:00
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2 x 150 25 freestyle catch-up - left arm stationary ahead of you 25 freestyle catch-up - right arm stationary ahead of you 50 freestyle regular - normal speed Rest 1:00	2 x 150 25 freestyle catch-up - left arm stationary ahead of you 25 freestyle catch-up - right arm stationary ahead of you 50 freestyle regular - fast 50 freestyle regular - normal speed Rest 1:00	2 x 150 25 freestyle catch-up - left arm stationary ahead of you 25 freestyle catch-up - right arm stationary ahead of you 75 freestyle regular - fast 25 freestyle regular - normal speed Rest 1:00
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2 x 150 25 breast - fast 25 breast 50 breast kick only - hands on butt 50 breast regular Rest 1:00	2 x 200 25 fly 25 breast - fast 50 breast kick only - hands on butt 100 breast regular Rest 1:00	2 x 200 50 fly - fast 50 breast kick only - hands on butt 50 breast - fast 50 breast regular Rest 1:00
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Pi / Pie Day Inspiration Activities

What stroke or activity best represents the mathematical constant pi? Let's do 50.
 What is your favorite circle? What stroke or activity best represents it? Let's do 50.
 What is your favorite type of pie? What stroke or activity best represents it? Let's do 50.
 Sharks & Minnows? Yes Please!

COOL DOWN

Easy 100 - choice stroke	Easy 100 - choice stroke	Easy 150 - choice stroke
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