Swim Practice Monday 4/18/22

#220418.AG from #220309.AG

```
Level 6 (~4000yd)
10 x 50 swim on 0:45
200 social kick
```

10 minutes continuous swim

Decent effort, record your distance

```
2x {
4 x 100 (50 flutter kick, 50 swim) on 1:40
2 x 50 streamline flutter kick on 1:20
20 seconds rest, 100 swim sprint, 30 seconds rest
2 x 50 dolphin kick with a board on 1:30
4 x 100 (50 swim, 50 dolphin kick w/ board) on 1:40
```

100 easy 50 time trial 200 easy

}

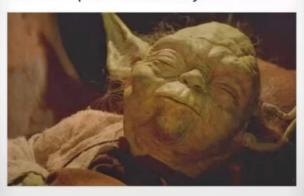
Level 5

10 x 50 swim on 0:50 200 social kick

10 minutes continuous swim

Decent effort, record your distance

Graduate TA
Once I became a parent I finally
understood the scene where
Yoda gets so tired of answering
Luke's questions he just dies.



Relatable meme of the day

```
2x {
4 x 100 (50 flutter kick, 50 swim) on 1:50
2 x 50 streamline flutter kick on your back on 1:30
20 seconds rest, 100 swim sprint, 30 seconds rest
2 x 50 dolphin kick with a board on 1:40
4 x 100 (50 swim, 50 dolphin kick w/ board) on 1:45
}
```

100 easy 50 time trial 200 easy

Swim Practice Monday 4/18/22

```
#220418.AG from #220309.AG
```

```
Level 4
```

8 x 50 swim on 0:55 200 social kick

10 minutes continuous swim

Decent effort, record your distance

```
2x {
4 x 100 (50 flutter kick, 50 swim) on 2:10
2 x 50 streamline flutter kick on your back on 1:50
20 seconds rest, 100 swim sprint, 30 seconds rest
2 x 50 dolphin kick with a board on 2:00
4 x 100 (50 swim, 50 dolphin kick w/ board) on 2:20
```

100 easy 50 time trial 200 easy

}

Level 3

8 x 50 swim on 1:00 200 social kick

10 minutes continuous swim

Decent effort, record your distance

2x {
4 x 75 (50 flutter kick, 25 swim) fast Rela
2 x 50 streamline flutter kick
20 seconds rest, 100 swim sprint, 30 seconds rest
2 x 50 dolphin kick with a board fast
4 x 75 (50 swim, 25 dolphin kick)
}

100 easy 50 time trial 200 easy Graduate TA
Once I became a parent I finally
understood the scene where
Yoda gets so tired of answering
Luke's questions he just dies.



Relatable meme of the day

Swim Practice Monday 4/18/22 #220418.AG from #220309.AG Level 2 8 x 50 swim on 1:20 200 social kick 12 x 25 fast swim on 0:40 2-3x { 4 x 75 (50 flutter kick, 25 swim) fast 2 x 50 streamline flutter kick on your back 20 seconds rest, 100 swim sprint, 30 seconds rest 2 x 50 dolphin kick with a board fast 4 x 75 (25 swim, 50 dolphin kick) Graduate TA } Once I became a parent I finally understood the scene where 100 easy Yoda gets so tired of answering 50 time trial Luke's questions he just dies. 200 easy Level 1

8 x 50 swim on 1:40 200 social kick

12 x 25 fast swim

2-3x {

4 x 75 (50 flutter kick, 25 swim)

Relatable meme of the day

20 seconds rest, 50 swim sprint, 30 seconds rest

2 x 50 dolphin kick with a board

4 x 75 (25 swim, 50 dolphin kick)

}

100 easy 50 time trial 200 easy