

# Swim Practice Monday 3/21/22

#220321.AG

**Level 6** (400 + 450 + 800 + 600 + 200 + 400 + 200 + 200 + 200 + 200 = 3650 yd)

8 x 50 swim on 0:45

6 x 75 on 1:30 (50 swim 25 kick)

8 x 100 on 2:00 (even swim, odd kick)

3 x 200 swim on 2:30

4 x 50 fast kick on 1:30

2 x 200 swim on 2:30

4 x 50 streamline kick on your back on 1:30

1 x 200 swim on 3:00

4 x 50 butterfly kick with a board on 1:30

200 easy swim

**Level 5** (3450 yd)

8 x 50 swim on 0:50

6 x 75 on 1:30 (50 swim 25 kick)

6 x 100 on 2:20 (even swim, odd kick)

3 x 200 swim on 3:00

4 x 50 fast kick on 1:45

2 x 200 swim on 3:00

4 x 50 streamline kick on your back on 1:45

1 x 200 swim on 3:10

4 x 50 butterfly kick with a board on 1:45

200 easy swim

**Level 4**

6 x 50 swim on 0:55

6 x 75 on 1:45 (50 swim 25 kick)

4 x 100 on 2:30 (even swim, odd kick)

2 x 200 swim on 3:30

4 x 50 fast kick on 1:45

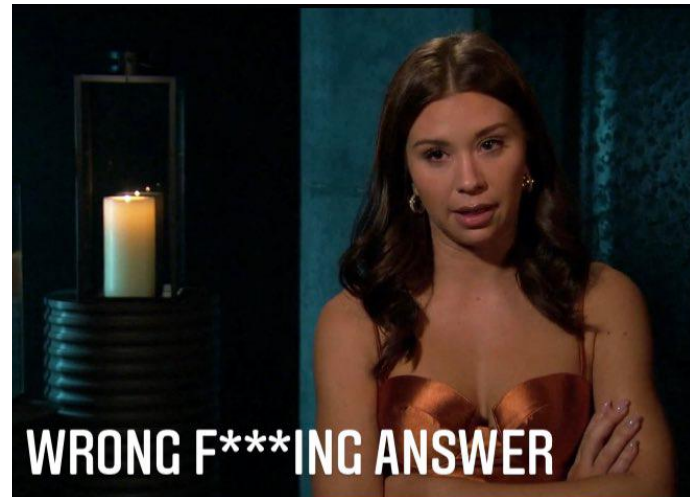
2 x 200 swim on 3:30

4 x 50 streamline kick on your back on 1:45

1 x 200 swim on 4:00

4 x 50 butterfly kick with a board on 1:45

200 easy swim



When Bronson says he's not coming to swim practice meme of the day

# Swim Practice Monday 3/21/22

#220321.AG

## **Level 3**

6 x 50 swim on 1:10

6 x 75 on 2:10 (50 swim 25 kick)

4 x 100 on 2:30 (even swim, odd kick)

3 x 200 swim strong

4 x 50 choice kick on 2:00

2 x 200 swim fast

4 x 50 butterfly kick with a board on 2:00

200 easy swim

## **Level 2**

6 x 50 swim

6 x 75 on 2:30 (50 swim 25 kick)

4 x 50 swim

6 x 50 swim strong

4 x 50 streamline kick on your stomach

\*\*focus on high hips,

body and legs straight, parallel to surface/bottom of the pool

4 x 50 swim strong

4 x 50 kick, odds smooth, evens ALL OUT SPRINT

2 x 50 swim strong

4 x 50 kick as fast as you can, 2 min rest in between

200 easy

## **Level 1**

12 x 25 swim

6 x 75 on 2:45 (50 swim 25 kick)

6 x 25 swim

12 x 25 swim strong

4 x 50 streamline kick on your stomach

\*\*focus on high hips,

body and legs straight, parallel to surface/bottom of the pool

4 x 50 swim strong

4 x 50 kick, odds smooth, evens ALL OUT SPRINT

2 x 50 swim strong

4 x 50 kick as fast as you can, 2 min rest in between

200 easy



When Bronson says he's not coming to swim practice meme of the day