

Swim Practice Monday 2/28/22

AG.022822

Level 6 (800 + 400 + 500 + 450 + 800 + 200 = 3150yd)

800 SKIS (200 swim, kick, IM, swim)

2 x 200 swim on 2:30

Fail Set - go until you miss 2 in a row, then add 10 seconds and finish

10 x 50 on 0:30

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

4x { 100 fast, 5 seconds rest

50 easy on 0:50

50 sprint on 1:10

}

200 easy

Level 5

800 SKIS (200 swim, kick, IM, swim)

2 x 200 swim on 2:45

Fail Set - go until you miss 2 in a row, then
add 10 seconds and finish

10 x 50 on 0:35

6 x 75 on 1:40 (50 swim 25 kick)

4x { 100 fast, 5 seconds rest

50 easy on 1:00

50 sprint on 1:15

}

200 easy

Level 4

500 SKIPS (200 swim, kick, IM, pull, swim)

2 x 200 swim on 3:00

Fail Set - go until you miss 2 in a row, then add 10 seconds and finish

10 x 50 on 0:40

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

3x { 100 fast, 5 seconds rest

50 easy on 1:10

50 sprint on 1:30

}

300 easy



Relatable meme of the day

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Level 3

500 SKIPS (200 swim, kick, IM, pull, swim)

2 x 200 swim on 3:30

Fail Set - go until you miss 2 in a row, then add 10 seconds and finish

10 x 50 on 0:50

4 x 75 on 1:50 (50 swim 25 kick)

2x { 100 fast, 5 seconds rest

50 easy on 1:10

50 sprint on 1:30

}

300 easy

Level 2

500 SKSPS (100 swim, kick, swim, pull, swim)

8 x 50 swim on 1:20

3 x 150 swim on 8:00ish

Focus on head placement during breathing

5 x 100 swim on 2:30

200 easy kick

100 sprint swim

200 easy swim

Level 1

Warm Up

200 swim (broken into 50s or 25s)

200 kick (try not to stop)

Pre-Set

16 x 25 swim on 0:45 OR 8 x 50 swim on 1:40

Main Set

3 x 100 swim on 3:00ish OR 5 x 50 swim on 1:30ish

Focus on high hip placement and ear-to-shoulder while breathing

200 easy kick

100 sprint swim

150 easy swim



Relatable meme of the day