

Swim Practice Monday 4/4/22

AG.040422

Level 6 (1750yd + relay)

800 SKPS

5 x 50 kick on 1:00

5 x 50 swim on 0:45

5 x 50 swim on 0:40

Racecar relay

200 cool down

Level 5 (1750yd + relay)

800 SKPS

5 x 50 kick on 1:10

5 x 50 swim on 0:55

5 x 50 swim on 0:50

Racecar relay

200 cool down

Level 4 (1650yd + relay)

600 SKS

5 x 50 kick on 1:20

4 x 50 swim on 1:10

4 x 50 swim on 1:05

Racecar relay

200 cool down



Animal meme of the day

Level 3 (1300yd + relay)

200 swim, 200 kick, 100 swim
4 x 50 kick on 1:45
4 x 50 swim on 1:30
4 x 50 swim on 1:20

Racecar relay

200 cool down

Level 2 (1000yd + relay)

200 swim, 200 kick, 100 swim
4 x 50 kick
4 x 50 swim fast
3 x 50 swim faster

Racecar relay

200 cool down

Level 1 (1000yd + relay)

200 swim, 200 kick, 100 swim
8 x 25 kick
6 x 25 swim fast
6 x 25 swim faster

Racecar relay

200 cool down



Animal meme of the day