Swim Practice Monday 4/4/22

#220404.AG

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

<u>Level 5</u> (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

Swim Practice Monday 4/4/22

#220404.AG

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

Animals with Misleading Names



Mountain Goat

Not an eel.

eel. Not a goat.

Maned Wolf



Not a wolf.

King Cobra



Not a cobra. Also, snakes are typically self-governing.

Peacock Mantis Shrimp



Not a peacock. Not a mantis. Also, not a shrimp





Not a toad. Only thinks of you as a friend.

Maufly



Active through the spring and summer.

birdandmoon.com

Eastern Kingbird



Found in the West. Many birds do not recognise its authority.

Animal meme of the day