Swim Practice Wednesday 3/9/22
#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 1:30
     2 x 50 streamline flutter kick on your back on 1:10
     20 seconds rest, 100 swim sprint, 30 seconds rest
     2 x 50 dolphin kick with a board on 1:10
     4 x 100 (50 swim, 50 dolphin kick w/ board) on 1:30
  }

100 easy
200 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

2x {
     4 x 100 (50 flutter kick, 50 swim) on 1:30
     2 x 50 streamline flutter kick on your back on 1:10
     20 seconds rest, 100 swim sprint, 30 seconds rest
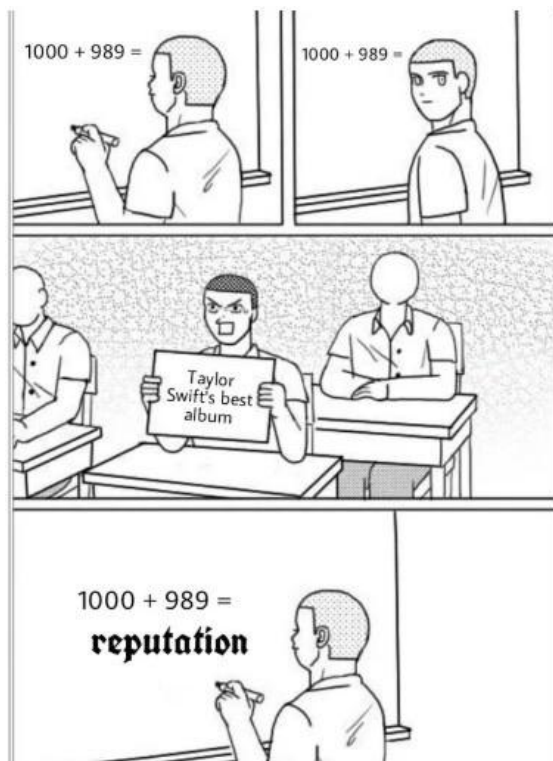   2 x 50 dolphin kick with a board on 1:20
     4 x 100 (50 swim, 50 dolphin kick w/ board) on 1:40
  }

Controversial meme of the day

100 easy
200 time trial
200 easy

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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 2:00
　　　2 x 50 streamline flutter kick on your back on 1:40
　　　20 seconds rest, 100 swim sprint, 30 seconds rest
　　　2 x 50 dolphin kick with a board on 1:20
　　　4 x 100 (50 swim, 50 dolphin kick w/ board) on 2:00
　　}

100 easy
200 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) on 2:00
　　　2 x 50 streamline flutter kick on your back on 1:40
　　　20 seconds rest, 100 swim sprint, 30 seconds rest
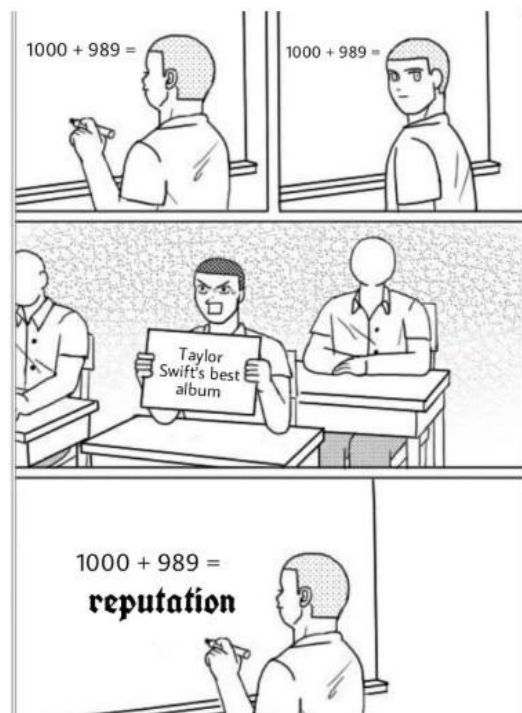　　　2 x 50 dolphin kick with a board on 1:30
　　　4 x 75 (50 swim, 25 dolphin kick) on 2:00
　　}

100 easy
200 time trial
200 easy

Controversial meme of the day

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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) on 2:00
      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 75 (25 swim, 50 dolphin kick) on 2:00
  }

100 easy
200 time trial
200 easy

Level 1

8 x 50 swim on 1:40
200 social kick

12 x 25 fast swim on 0:50

2-3x {
      4 x 75 (50 flutter kick, 25 swim) on 1:00
      20 seconds rest, 50 swim sprint, 30 seconds rest
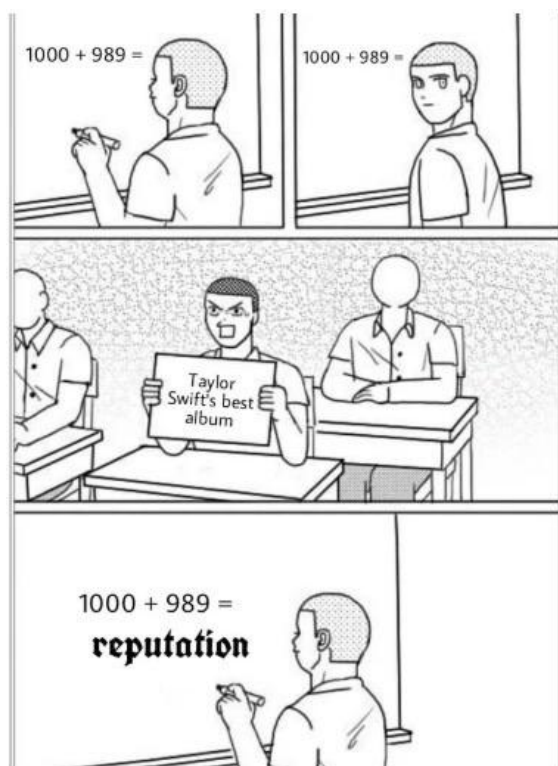   2 x 50 dolphin kick with a board on 1:40
      4 x 75 (25 swim, 50 dolphin kick) on 1:00
    }

100 easy
200 time trial
200 easy

Controversial meme of the day