

Swim Practice Wednesday 3/2/22

AW.030222

Level 6

Warmup:

400 swim, 300 pull, 200 kick, 100 IM

Preset:

2 x 50 Drill on :50

50 swim on :40

4 x 25 (1-3 build, 4 all out) on :30

Mainset

8 x 200 on 2:45

1 & 5: smooth

2 & 6: build

3 & 7: negative split

4 & 8: race pace

Time Trial

200 or 50

Cooldown

150 choice

3200 yards

Level 5

Warmup:

400 swim

300 pull

200 kick

100 IM

Preset:

2 x 50 Drill on 1:00

50 swim on 0:50

4 x 25 (1-3 build, 4 all out) on :35

Mainset

8 x 200 on 3:15

1 & 5: smooth

2 & 6: build

3 & 7: negative split

4 & 8: race pace

Time Trial

200 or 50

Cooldown

150 choice

3200 yards



**3 followers on
instagram**

**3 followers on
Strava**

**3 followers at
night**

Spooky meme of the day

Level 4

Warmup:

400 swim, 300 pull, 200 kick, 100 IM

Preset:

2 x 50 Drill on 1:10

50 swim on 1:00

4 x 25 (1-3 build, 4 all out) on :40

Mainset

6 x 200 on 4:00

1 & 5: smooth

2: build

3: negative split

4 & 6 : race pace

Time Trial

200 or 50

Cooldown

150 choice

2800 yards

Level 3

Warmup:

300 swim, 200 pull, 100 kick

Preset:

2 x 50 Drill on 1:20

50 swim on 1:20

4 x 25 (1-3 build, 4 all out) on :45

Mainset

4x 200 on 4:45

1: smooth

2: build

3: negative split

4: race pace

Time Trial

200 or 50

Cooldown

150 choice

2000 yards



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night**

Spooky meme of the day

Level 2

Warmup

200 swim
100 pull
100 kick

Preset:

2 x 50 Drill on 1:30
50 swim on 1:30
4 x 25 (1-3 build, 4 all out) on :50

Mainset

6 x 100 on 2:45
1 & 5: smooth
2: build
3: negative split
4 & 6: race pace

Time Trial

200 or 50

Cooldown

150 choice

1600 yards



**3 followers on
instagram**

**3 followers on
Strava**

**3 followers at
night**

Spooky meme of the day

Level 1

Warmup

200 swim (can be broken up by choice)
100 kick

Preset:

2 x 50 Drill on 1:40ish
50 swim on 1:40ish
4 x 25 swim

Mainset:

4 x 100 swim on 3:15ish (technique focus)

Time Trial

200 or 50

Cooldown

150 choice

1300 yards