

# Swim Practice Wednesday 3/9/22

AG.030922

## 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

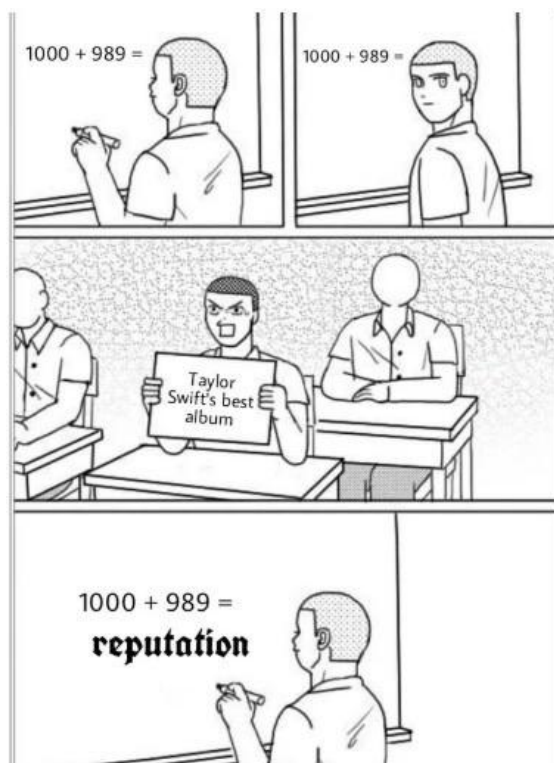
4 x 100 (50 swim, 50 dolphin kick w/ board) on 1:40

}

100 easy

200 time trial

200 easy



Controversial meme of the day

### 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

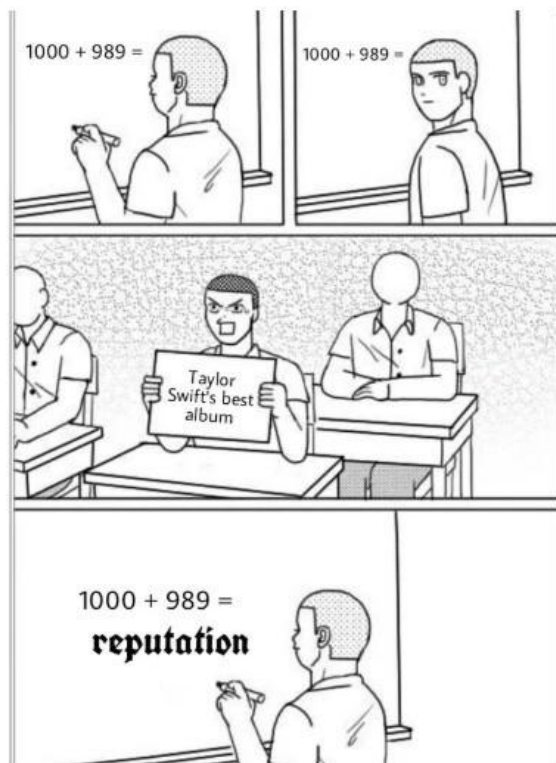
4 x 75 (50 swim, 25 dolphin kick) on 2:00

}

100 easy

200 time trial

200 easy



Controversial meme of the day

## 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

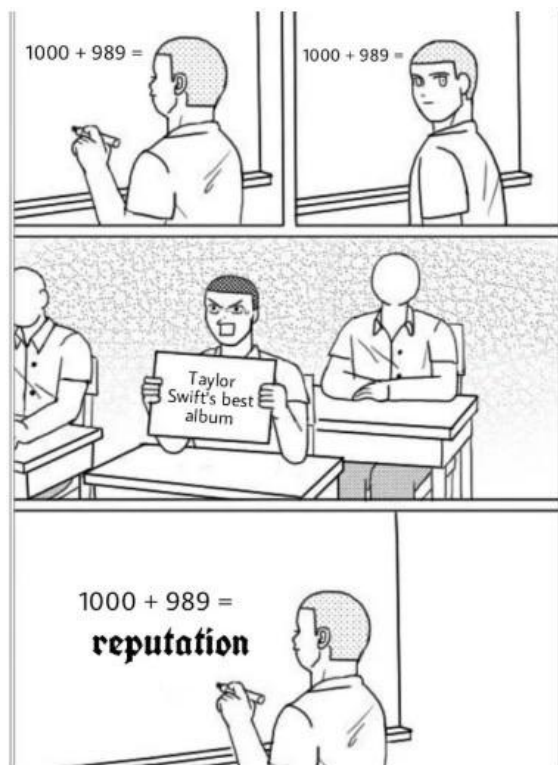
4 x 75 (25 swim, 50 dolphin kick) on 1:00

}

100 easy

200 time trial

200 easy



Controversial meme of  
the day