

Swim Practice Monday 4/11/22

#220411.AG from #190410.BL

Level 6 (3700yd)

300 swim, 200 kick, 200 pull

10 x 50 swim on :40

2 x Laughter Ladders (25 easy, 50 hard, 75, 100, 150, 200, 150, 100, 75, 50, 25)

25 easy on 0:30

50 hard on 0:45

75 easy on 1:15

100 hard on 1:45

150 easy on 2:30

200 hard on 3:30

Back down the ladder

laugh (ha ha ha)

8 x 25 kick

300 easy

Level 5

300 swim, 200 kick, 200 pull

8 x 50 swim on :50

2 x Laughter Ladders (25 easy, 50 hard, 75, 100, 150, 200, 150, 100, 75, 50, 25)

25 easy on 0:40

50 hard on 0:50

75 easy on 1:20

100 hard on 2:00

150 easy on 3:00

200 hard on 4:00

Back down the ladder (150 then 100 then 75 then 50 then 25)

laugh (ha ha ha)

8 x 25 kick

200 easy



Reverse meme of the day

Swim Practice Monday 4/11/22

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Level 4

200 swim, 200 kick, 200 pull

8 x 50 swim on 1:00

2 x Laughter Ladders (25 easy, 50 hard, 75, 100, 150, 200, 150, 100, 75, 50, 25)

25 easy on 0:45

50 hard on 1:00

75 easy on 1:30

100 hard on 2:30

150 easy on 3:30

200 hard on 4:30

Back down the ladder

laugh (ha ha ha)

8 x 25 kick

200 easy

Level 3

200 swim, 200 kick, 200 pull

8 x 50 swim on 1:00

2 x Laughter Ladders (25 easy, 50 hard, 75, 100, 150, 200, 150, 100, 75, 50, 25)

25 easy on 0:45

50 hard on 1:15

75 easy

100 hard on 2:40

150 easy

200 hard

Back down the ladder (150 then 100 then 75 then 50 then 25)

laugh (ha ha ha)

8 x 25 kick

200 easy



Reverse meme of the day

Swim Practice Monday 4/11/22

#AG041122 from #BL041019

Level 2

150 swim, 200 kick, 150 swim

8 x 50 fast swim

3-4 x Little Laughter Ladders (25 easy, 50 hard, 75, 100, 75, 50, 25)

25 easy

50 hard

75 easy

100 hard

Back down the ladder (75 then 50 then 25)

laugh (ha ha ha)

12 x 25 kick

200 easy

Level 1

200 swim, 200 kick, 100 swim

8 x 50 fast swim

3-4 x Little Laughter Ladders (25 easy, 50 hard, 75, 100, 75, 50, 25)

25 easy

50 hard

75 easy

100 hard

Back down the ladder (75 then 50 then 25)

laugh (ha ha ha)

12 x 25 kick

200 easy



Reverse meme of the day