

# Swim Practice Monday 4/18/22

#AG041822 from #AG030922

## **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 1:40

2 x 50 streamline flutter kick on 1:20

20 seconds rest, 100 swim sprint, 30 seconds rest

2 x 50 dolphin kick with a board on 1:30

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

}

100 easy

50 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 1:50

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 100 (50 swim, 50 dolphin kick w/ board) on 1:45

}

100 easy

50 time trial

200 easy



Relatable meme of the day

# Swim Practice Monday 4/18/22

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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 2:10

2 x 50 streamline flutter kick on your back on 1:50

20 seconds rest, 100 swim sprint, 30 seconds rest

2 x 50 dolphin kick with a board on 2:00

4 x 100 (50 swim, 50 dolphin kick w/ board) on 2:20

}

100 easy

50 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) fast

2 x 50 streamline flutter kick

20 seconds rest, 100 swim sprint, 30 seconds rest

2 x 50 dolphin kick with a board fast

4 x 75 (50 swim, 25 dolphin kick)

}

100 easy

50 time trial

200 easy

Graduate TA

Once I became a ~~parent~~ I finally understood the scene where Yoda gets so tired of answering Luke's questions he just dies.



Relatable meme of the day

# Swim Practice Monday 4/18/22

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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) fast

2 x 50 streamline flutter kick on your back

20 seconds rest, 100 swim sprint, 30 seconds rest

2 x 50 dolphin kick with a board fast

4 x 75 (25 swim, 50 dolphin kick)

}

100 easy

50 time trial

200 easy

## Level 1

8 x 50 swim on 1:40

200 social kick

12 x 25 fast swim

2-3x {

4 x 75 (50 flutter kick, 25 swim)

20 seconds rest, 50 swim sprint, 30 seconds rest

2 x 50 dolphin kick with a board

4 x 75 (25 swim, 50 dolphin kick)

}

100 easy

50 time trial

200 easy

Graduate TA

Once I became a ~~parent~~ I finally understood the scene where Yoda gets so tired of answering Luke's questions he just dies.



Relatable meme of the day