

Swim Practice Wednesday 4/13/22

#AG041322 from #HC040822

Level 6

Warmup

800 SKPS

Pre-Set

6 x 75 @ 1:15 (50 swim, 25 kick)

Main Set

10 x 100 @ 1:40

200 easy swim (or kick)

10 x 50 @ 0:50

Cooldown

200 kick, 200 pull, 200 swim easy

"What day is today?" asked Pooh

*"It's the day we burn this [REDACTED]
to the ground." squeaked Piglet*



"My favorite day." said Pooh

Questionable meme of the day

Level 5

Warmup

800 SKPS

Pre-Set

6 x 75 @ 1:20 (50 swim, 25 kick)

Main Set

10 x 100 @ 1:50

200 easy swim (or kick)

10 x 50 @ 0:55

Cooldown

200 kick, 200 pull, 200 swim easy

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Level 4

Warmup

800 SKPS

Pre-Set

6 x 75 @ 1:30 (50 swim, 25 kick)

Main Set

10 x 100 @ 2:00

200 easy swim (or kick)

10 x 50 @ 1:00

Cooldown

200 kick, 200 pull, 200 swim easy

Level 3

Warmup

600 SKP

Pre-Set

6 x 75 (50 swim, 25 kick)

Main Set

8 x 100 moderate fast

200 easy swim (or kick)

8 x 50 fast

Cooldown

200 kick, 200 pull, 200 swim easy

"What day is today?" asked Pooh

"It's the day we burn this [REDACTED]
to the ground." squeaked Piglet



"My favorite day." said Pooh

Questionable meme of the day

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Level 2

Warmup

800 SKPS

Pre-Set

4 x 75 (50 swim, 25 kick)

Main Set

12 x 50 moderate fast

200 easy swim (or kick)

12 x 25 fast

Cooldown

200 kick, 200 pull, 200 swim easy

"What day is today?" asked Pooh

"It's the day we burn this [REDACTED]
to the ground." squeaked Piglet



"My favorite day." said Pooh

Questionable meme of the day

Level 1

Warmup

800 SKPS

Pre-Set

4 x 75 (50 swim, 25 kick)

Main Set

12 x 50 (or 24 x 25) moderate fast

200 easy swim (or kick)

12 x 25 fast

Cooldown

200 kick, 200 pull, 200 swim easy