

Swim Practice 4/25/22

#220425.BV

Level 6

Total distance: 3650m

WARMUP

250 Free, 150 Pull, 150 Kick, 100Back

MAIN

6 x 75 Free @ 1:15 (odd sprint, even form) 200 Kick @ 5:00

4 x 100 Free (fast) @ 1:30

2 x 200 Free @ 3:00

500 Free @ 7:00 (Fast)

200 Recover @ 4:00 (100 kick, 100 free) 2 x 300 Free @ 4:30

COOLDOWN

100 Free, 50 Kick, 100 Back

Level 5

Total distance: 3300m

WARMUP

250 Free, 150 Pull, 150 Kick, 100 Back

MAIN

4 x 75 Free @ 1:20 (odd sprint, even form) 200 Kick @ 5:20

2 x 100 Free (fast) @ 1:40

2 x 200 Free @ 3:20

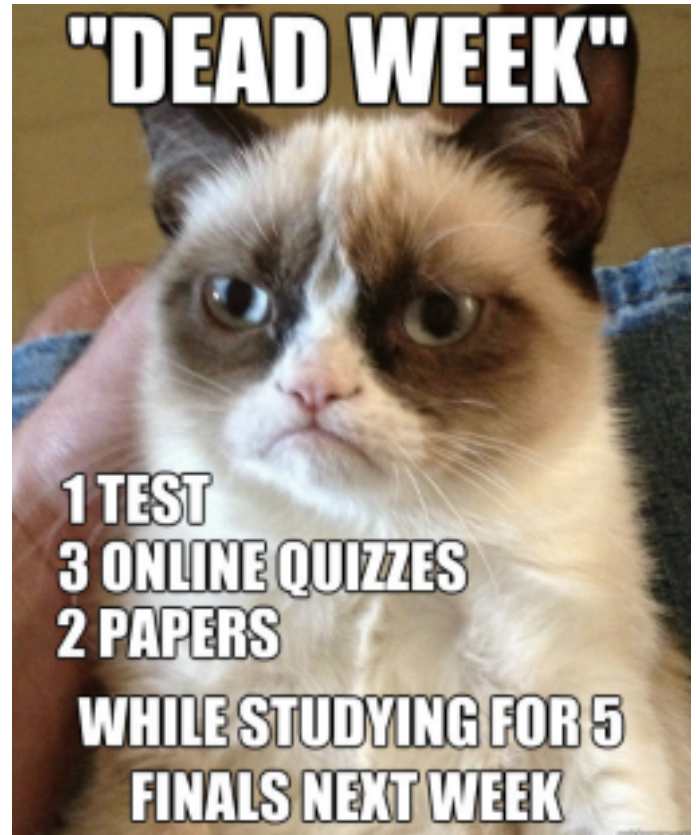
500 Free @ 7:40 (Fast)

200 Recover @ 4:00 (100 kick, 100 free)

2 x 300 Free @ 5:00

COOLDOWN

100 Free, 50 Kick, 100 Back



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Level 4

Total distance: 3050m

WARMUP

250 Free, 150 Pull, 150 Kick

MAIN

4 x 75 Free @ 1:25 (odd sprint, even
form) 200 Kick @ 5:30

3 x 150 Free @ 2:40

500 Free @ 8:00 (Fast)

200 Recover @ 4:20 (100 kick, 100 free)

2 x 300 Free @ 5:20

COOLDOWN

100 Free, 50 Kick, 100 Back

Level 3

Total distance: 2700m

WARMUP

200 Free, 150 Pull, 150 Kick

MAIN

4 x 75 Free @ 1:30 (odd sprint, even
form) 250 Kick @ 6:45

2 x 150 Free @ 2:50

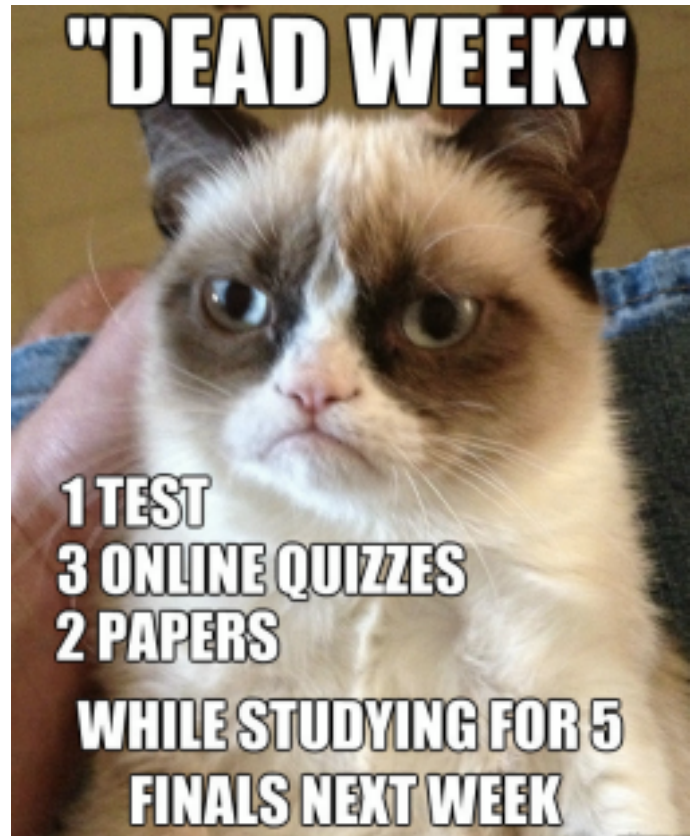
400 Free @ 6:30 (Fast)

200 Recover @ 4:20 (100 kick, 100 free)

2 x 250 Free @ 5:00

COOLDOWN

100 Free, 50 Kick, 100 Back



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Level 2

Total distance: 2200m

WARMUP

200 Free, 100 Pull, 150 Kick

MAIN

2 x 75 Free @ 1:40 (odd sprint, even
form) 250 Kick @ 7:15

2 x 150 Free @ 3:20

400 Free @ 7:00 (Fast)

200 Recover @ 4:45 (100 kick, 100 free)

250 Free @ 5:30

COOLDOWN

100 Free, 100 Kick

Level 1

Total distance: 1600m

WARMUP

200 Free, 100 Kick

MAIN

100 Free @ 2:45

200 Kick @ 7:00

150 Free @ 4:20

300 Free @ 7:15 (Fast)

200 Recover @ 5:20 (100 kick, 100 free)

150 Free @ 4:10

COOLDOWN

100 Free, 100 Kick

