

Swim Practice Wednesday 3/23/22

AG.032322

Level 6

800 SKPS

8 x 125 free on 1:45

8 x 50 fast kick on 0:55

If you want, take some time to offer stroke technique to swimmers in other lanes, or {Main set}

50 kick time trial

200 easy

Level 5

800 SKPS

6 x 125 free on 1:50

6 x 50 fast kick on 1:00

If you want, take some time to offer stroke technique to swimmers in other lanes, or {Main set}

50 kick time trial

200 easy

Level 4

200 swim, 200 kick, 200 swim

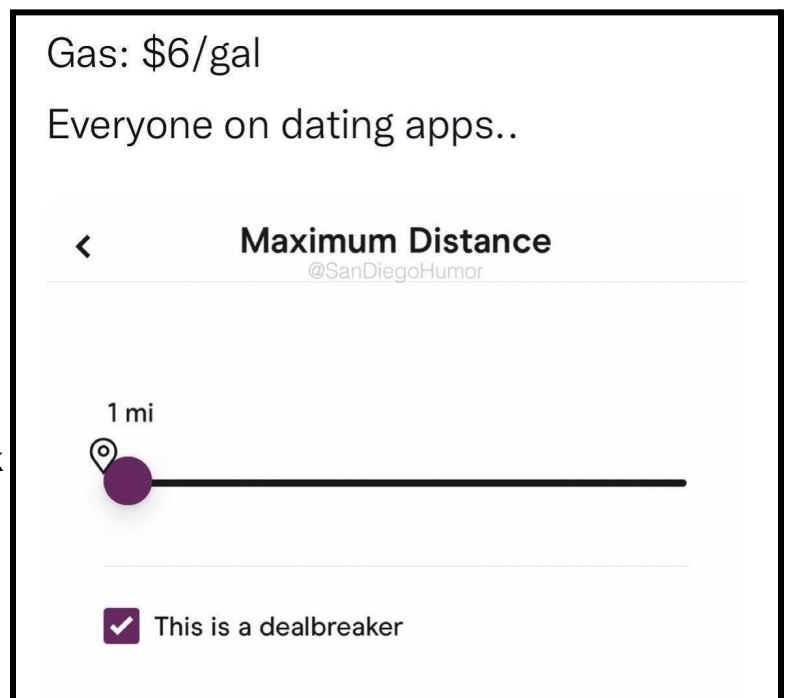
6 x 125 free on 2:10

6 x 50 fast kick on 1:05

Ask a swimmer in lane 5 or 6 to look at your stroke, or {Main set}

50 kick time trial

200 easy



Hinge meme of the day

Level 3

200 swim, 200 kick, 200 swim

4 x 125 free on 2:45

6 x 50 fast kick on 1:30

Ask a swimmer in lane 5 or 6 to look
at your stroke, or
{Main set}

50 kick time trial

200 easy

Level 2

200 swim, 200 kick, 100 swim

4 x 50 free

6 x 50 fast kick

10 x 25 free

Ask a swimmer in lane 5 or 6 to look
at your stroke, or
{Main set}

50 kick time trial

200 easy

Level 1

200 swim, 200 kick, 100 swim

8 x 25 free

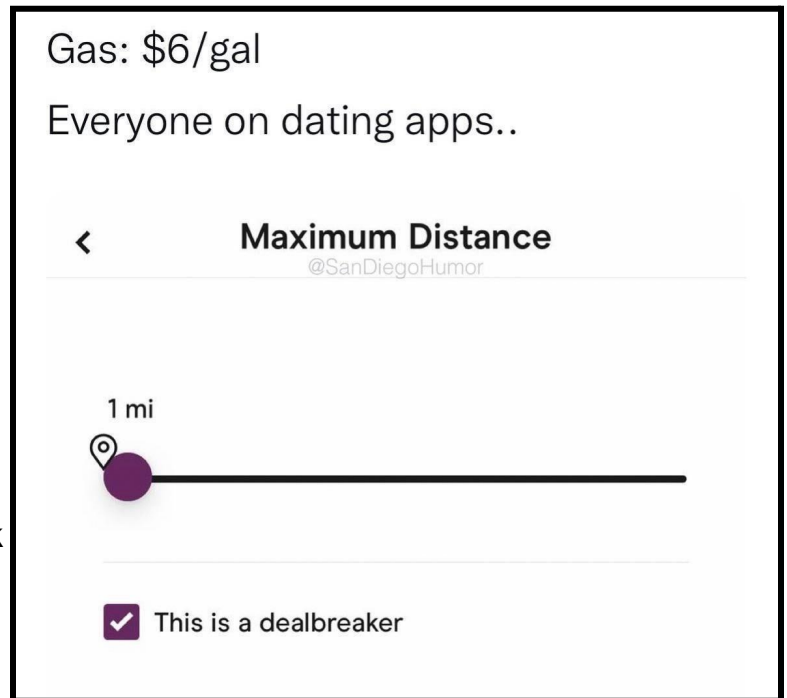
6 x 50 fast kick

10 x 25 free

Ask a swimmer in lane 5 or 6 to look
at your stroke, or
{Main set}

50 kick time trial

200 easy



Hinge meme of the day