

## Swim Practice Wednesday 2/9/22

Lane 6 (500 + 600 + 4\*450 + 200 = 3100yd)

500 SKIPS (100 Swim, kick, IM, pull, swim)

8 x 75 on 1:30 (50 swim 25 kick)

50 sprint for time

4x {

50 easy, 10 seconds rest  
100 fast, 10 seconds rest  
150 easy, 10 seconds rest  
100 fast, 10 seconds rest  
50 easy, 2 minutes rest }

200 easy

Lane 5

500 SKIPS (100 Swim, kick, IM, pull, swim)

8 x 75 on 1:40 (50 swim 25 kick)

50 sprint for time

4x {

50 easy, 10 seconds rest  
100 fast, 10 seconds rest  
150 easy, 10 seconds rest  
100 fast, 10 seconds rest  
50 easy, 2 minutes rest }

200 easy

Lane 4

500 SKIPS (100 Swim, kick, IM, pull, swim)

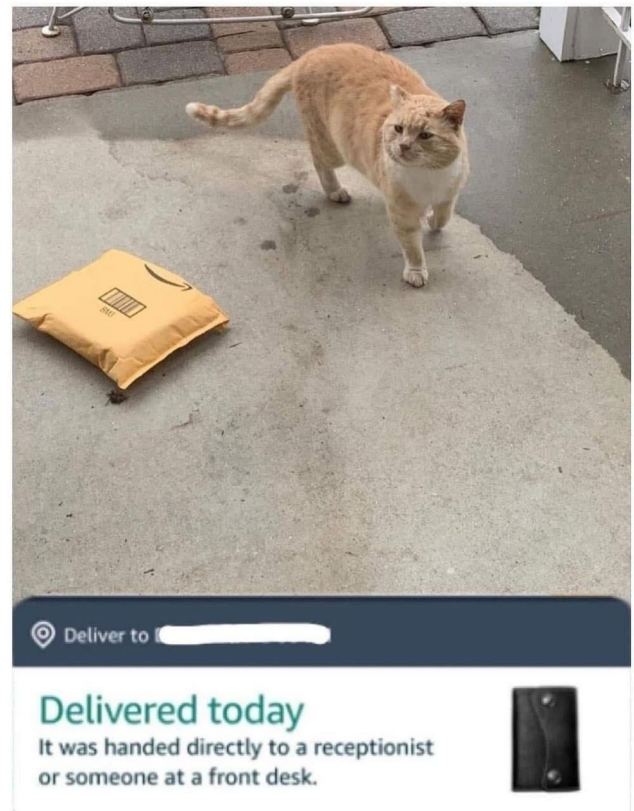
6 x 75 on 1:50 (50 swim 25 kick)

50 sprint for time

3x {

50 easy, 10 seconds rest  
100 fast, 20 seconds rest  
150 easy, 10 seconds rest  
100 fast, 20 seconds rest  
50 easy, 2 minutes rest }

200 easy



Meme of the day

Swim Practice Wednesday 2/9/22

Lane 3

500 SKIPS (100 Swim, kick, IM, pull, swim)

6 x 75 on 2:00 (50 swim 25 kick)

50 sprint for time

3x {

50 easy, 10 seconds rest  
100 fast, 20 seconds rest  
150 easy, 10 seconds rest  
100 fast, 20 seconds rest  
50 easy, 2 minutes rest }

200 easy

Lane 2

500 SKIPS (100 Swim, kick, IM, pull, swim)

6 x 75 on 2:10 (50 swim 25 kick)

50 sprint for time

2x {

50 easy, 10 seconds rest  
100 fast, 20 seconds rest  
100 easy, 10 seconds rest  
100 fast, 20 seconds rest  
50 easy, 2 minutes rest }

100 swim

200 easy

Lane 1

500 SKIPS (100 Swim, kick, IM, pull, swim)

6 x 75 on 2:30 (50 swim 25 kick)

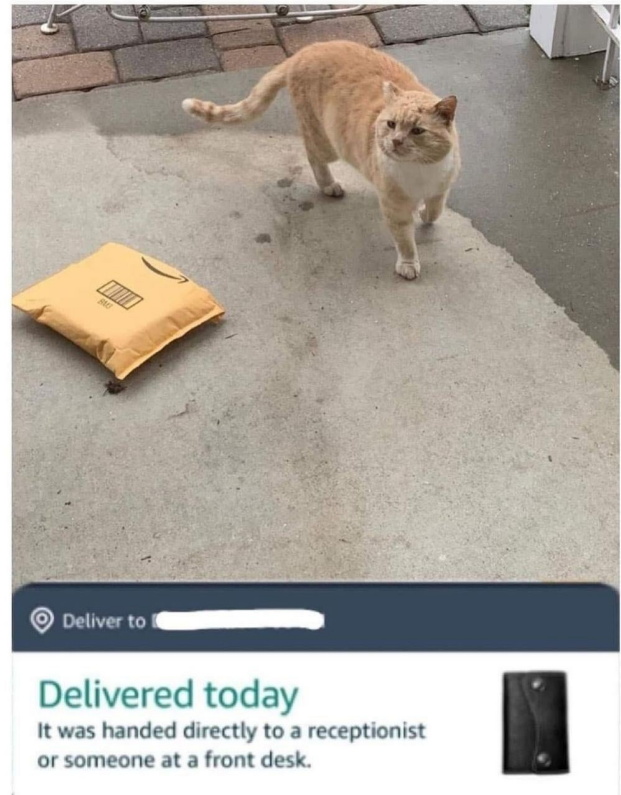
50 sprint for time

2x {

50 easy, 10 seconds rest  
100 fast, 20 seconds rest  
100 easy, 10 seconds rest  
100 fast, 20 seconds rest  
50 easy, 2 minutes rest }

100 swim

200 easy



Meme of the day