

Swim Practice Monday 2/14/22

Level 6

(500 + 200 + 2000 + 400 + 200 + 450 + 100 = 3850yd)

10 x 50 on 0:40

200 social kick with someone in another lane

4 x 500 on 9:00

4 x 100 easy on 2:00

200 social kick with someone in another lane

6 x 75 on 1:10

100 easy

Level 5

10 x 50 on 0:50

200 social kick with someone in another lane

4 x 500 on 11:00

200 social kick with someone in another lane

6 x 75 on 1:10

100 easy

Level 4

8 x 50 on 1:00

200 social kick with someone in another lane

4 x 400 on 9:00

4 x 100 easy on 2:00

200 social kick with someone in another lane

4 x 75 on 1:15

100 easy



Valentine's Day meme of the day

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Level 3

8 x 50 on 1:10

200 social kick with someone in another lane

6 x 300 on 6:00

3 x 100 easy on 2:00

200 social kick with someone in another lane

4 x 75 on 1:20

100 easy

Level 2

7 x 50 on 1:30

200 social kick with someone in another lane

5 x 200 on 4:00

5 x 100 on 2:00

200 social kick with someone in another lane

4 x 75 on 1:30

100 easy

Level 1

6 x 50 on 1:45

200 social kick with someone in another lane

5 x 150 on 4:00

5 x 100 on 2:30

200 social kick with someone in another lane

4 x 75 on 1:45

100 easy



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