

# Swim Practice Wednesday 4/13/22

#220413.AG from #220408.HC

## 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

# Swim Practice Wednesday 4/13/22

#220413.AG from #220408.HC

## 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

# Swim Practice Wednesday 4/13/22

#220413.AG from #220408.HC

## 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 motherfucker  
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