

Swim Practice Monday 3/7/22

AG.030722

Level 6

400 SKIS (100 swim, kick, IM, swim)

150 skull

4 x 50 smooth on 1:10

25 fingers splayed, 25 fingers together

6 x 200 swim on 3:00

3 x 300 swim on 4:30

2 x 400 swim on 6:00

200 easy swim

100 sprint swim

200 easy swim

Level 5

400 SKIS (100 swim, kick, IM, swim)

150 skull

4 x 50 smooth on 1:20

25 fingers splayed, 25 fingers together

4 x 200 swim on 3:00

3 x 300 swim on 4:45

2 x 400 swim on 7:00

200 easy, 100 sprint, 200 easy

Level 4

400 SKIS (100 swim, kick, IM, swim)

150 skull

6 x 50 smooth on 1:30

25 fingers splayed, 25 fingers together

4 x 100 swim on 1:45

3 x 200 swim on 3:30

2 x 300 swim on 5:30

1 x 400 swim on 6:00

200 easy swim

100 sprint swim

200 easy swim



Wholesome meme of the day

Level 3

400 SKPS (100 swim, kick, pull, swim)

150 skull

8 x 50 smooth on 1:40

25 fingers splayed, 25 fingers together

5 x 100 swim on 2:10

4 x 200 swim on 3:30

3 x 300 swim on 6:00

200 easy swim

100 sprint swim

200 easy swim

Level 2

400 SKPS (100 swim, kick, pull, swim)

3 x 50 skull

8 x 50 smooth on 1:40

25 fingers splayed, 25 fingers together



Wholesome meme of the day

8 x 50 swim on 1:20

3 x 150 swim on 8:00ish

Focus on head placement during breathing

5 x 100 swim on 2:30

200 easy kick, 100 sprint swim, 200 easy swim

Level 1

200 swim (broken into 50s or 25s)

200 kick (try not to stop)

16 x 25 swim on 0:45 OR 8 x 50 swim on 1:40

3 x 100 swim on 3:00ish OR 5 x 50 swim on 1:30ish

Focus on high hip placement and ear-to-shoulder while breathing

200 easy kick

100 sprint swim

150 easy swim