# Swim Practice Wednesday 3/2/22

#220302.AW

#### Level 6

## Warmup:

400 swim, 300 pull, 200 kick, 100 IM

#### Preset:

2 x 50 Drill on :50 50 swim on :40

4 x 25 (1-3 build, 4 all out) on :30

# **Mainset**

8 x 200 on 2:45

1 & 5: smooth 2 & 6: build

3 & 7: negative split 4 & 8: race pace

#### Time Trial

200 or 50

### Cooldown

150 choice

**3200 yards** 

#### Level 5

#### Warmup:

400 swim 300 pull 200 kick 100 IM

#### Preset:

2 x 50 Drill on 1:00 50 swim on 0:50

4 x 25 (1-3 build, 4 all out) on :35

#### Mainset

8 x 200 on 3:15

1 & 5: smooth 2 & 6: build

3 & 7: negative split

4 & 8: race pace

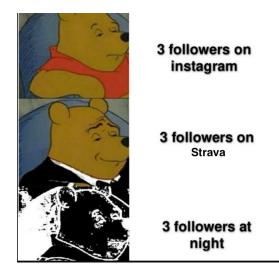
#### **Time Trial**

200 or 50

#### Cooldown

150 choice

#### **3200 yards**



Spooky meme of the day

# Swim Practice Wednesday 3/2/22

#220302.AW

# Level 4

#### Warmup:

400 swim, 300 pull, 200 kick, 100 IM

#### Preset:

2 x 50 Drill on 1:10 50 swim on 1:00

4 x 25 (1-3 build, 4 all out) on :40

#### **Mainset**

6 x 200 on 4:00

1 & 5: smooth

2: build

3: negative split

4 & 6 : race pace

#### Time Trial

200 or 50

#### Cooldown

150 choice

#### **2800 yards**

#### Level 3

## Warmup:

300 swim, 200 pull, 100 kick

#### Preset:

2 x 50 Drill on 1:20

50 swim on 1:20

4 x 25 (1-3 build, 4 all out) on :45

## **Mainset**

4x 200 on 4:45

1: smooth

2: build

3: negative split

4: race pace

#### Time Trial

200 or 50

#### Cooldown

150 choice

3 followers on instagram

3 followers on Strava

3 followers at night

Spooky meme of the day

# **2000** yards

# Swim Practice Wednesday 3/2/22

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#### Level 2

### **Warmup**

200 swim 100 pull 100 kick

#### Preset:

2 x 50 Drill on 1:30 50 swim on 1:30

4 x 25 (1-3 build, 4 all out) on :50

# **Mainset**

6 x 100 on 2:45

1 & 5: smooth

2: build

3: negative split

4 & 6: race pace

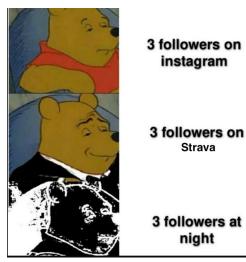
#### Time Trial

200 or 50

#### Cooldown

150 choice

# 1600 yards



Spooky meme of the day

#### Level 1

#### **Warmup**

200 swim (can be broken up by choice)

100 kick

#### Preset:

2 x 50 Drill on 1:40ish

50 swim on 1:40ish

4 x 25 swim

#### Mainset:

4 x 100 swim on 3:15ish (technique focus)

#### Time Trial

200 or 50

#### Cooldown

150 choice

# 1300 yards