

# Swim Practice Monday 3/28/22

AG.032822 from XY02.13.19

## **Level 6** (3300yd)

800 SKPS

4 x 125 free on 1:45

8 x 50 fast kick on 1:00

2x {

4 x 50 swim on 0:35

15 seconds rest

2 x 100 on 1:10

200 easy

}

200 kick, 200 easy

## **Level 5** (3300yd)

800 SKPS

4 x 125 free on 2:00

8 x 50 fast kick on 1:05

2x { 4 x 50 swim on 0:55

15 seconds rest

2 x 100 on 1:45

200 easy

}

200 kick, 200 easy

## **Level 4**

600 SKS

4 x 125 free on 2:15

8 x 50 fast kick on 1:15

2x { 3 x 50 swim on 1:10

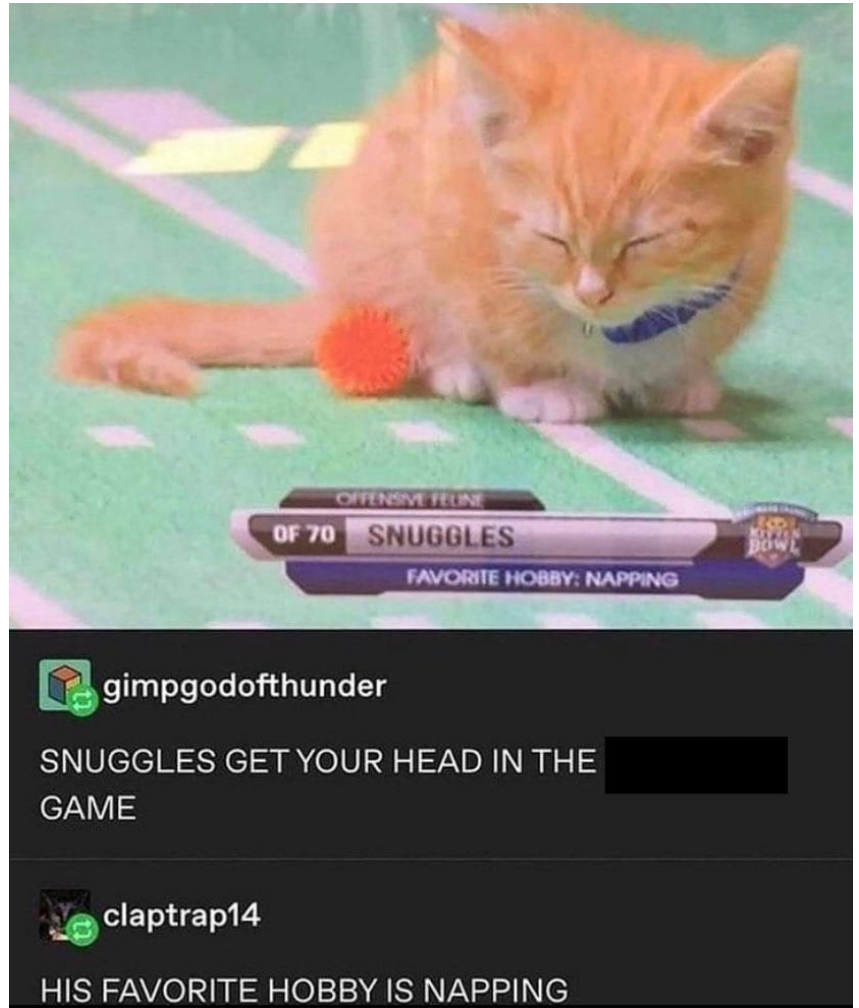
15 seconds rest

2 x 100 on 2:10

100 easy

}

200 kick, 200 easy



Large print cat meme of the day

### **Level 3**

200 swim, 200 kick, 100 swim

4 x 125 free on 2:20

8 x 50 fast kick on 1:30

2x {

3 x 50 swim on 1:20

15 seconds rest

2 x 100 on 2:30

100 easy

}

200 kick

200 easy

### **Level 2**

200 swim, 200 kick, 100 swim

4 x 50 free

6 x 50 fast kick

10 x 25 free

1-2x { 3 x 50 swim on 1:30

15 seconds rest

2 x 100 on 2:45

100 easy

}

50 kick time trial

200 easy

### **Level 1**

150 swim, 200 kick, 100 swim

8 x 25 free

6 x 50 fast kick

10 x 25 free

1-2x {

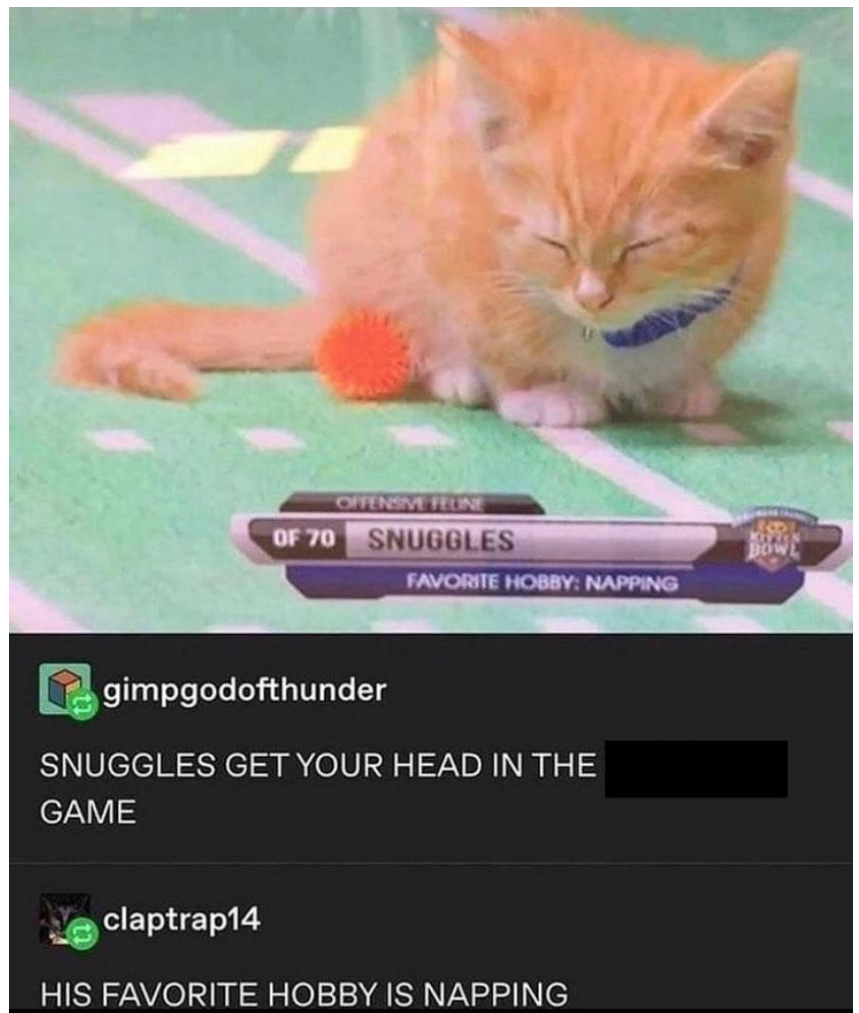
3 x 50 swim fast

6 x 25 kick fast

200 easy

}

200 easy



Large print cat meme of the day