

Swim Practice Wednesday 3/30/22

AG.033022

Level 6 (1300yd + relay)

5 x 50 swim on 0:50

5 x 50 swim on 0:45

200 kick

4 x 50 swim on 0:35, 15 seconds rest

2 x 100 swim on 1:10

100 easy

Snake relay

200 cool down

Level 5 (1300yd + relay)

5 x 50 swim on 0:55

5 x 50 swim on 0:50

200 kick

4 x 50 swim on 0:45, 15 seconds rest

2 x 100 swim on 1:25

100 easy

Snake relay

200 cool down

Level 4 (1200yd + relay)

4 x 50 swim on 1:10

4 x 50 swim on 1:05

200 kick

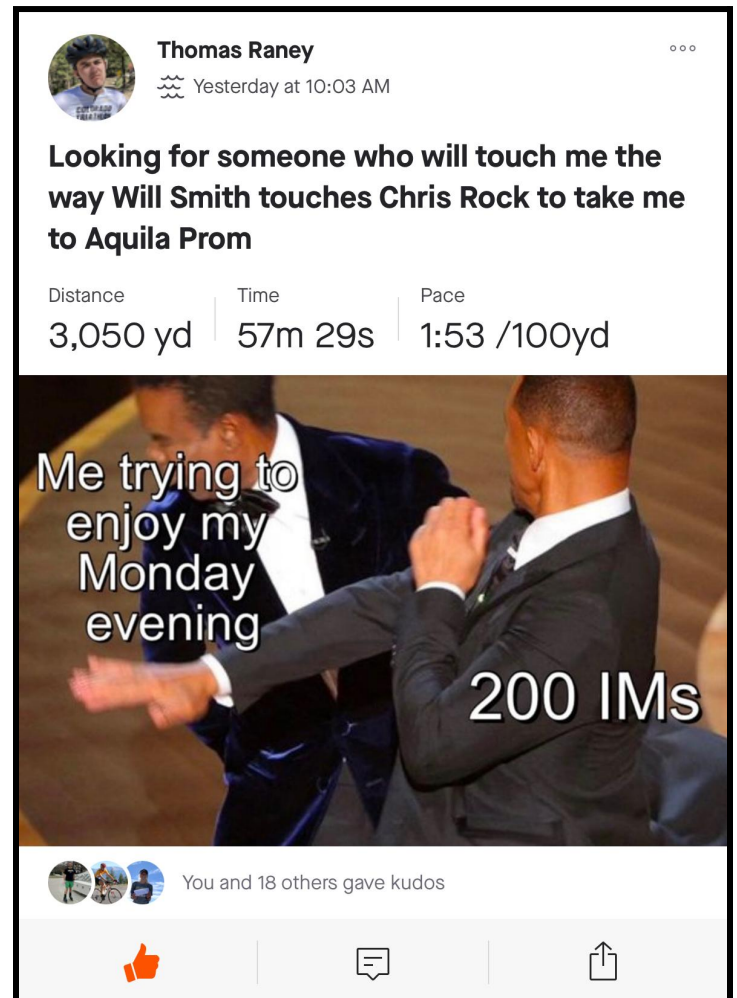
4 x 50 swim on 1:00, 15 seconds rest

2 x 100 swim on 1:50

100 easy

Snake relay

200 cool down



Strava meme of the day

Level 3 (1000yd + relay)

4 x 50 swim

4 x 50 swim fast

200 kick

2 x 50 swim sprint, 15 seconds rest

2 x 100 swim fast

100 easy

Snake relay

200 cool down

Level 2 (1000yd + relay)

4 x 50 swim

4 x 50 swim fast

200 kick

2 x 50 swim sprint, 15 seconds rest

2 x 100 swim fast

100 easy

Snake relay

200 cool down

Level 1 (900yd + relay)

8 x 25 swim

8 x 25 swim fast

150 kick

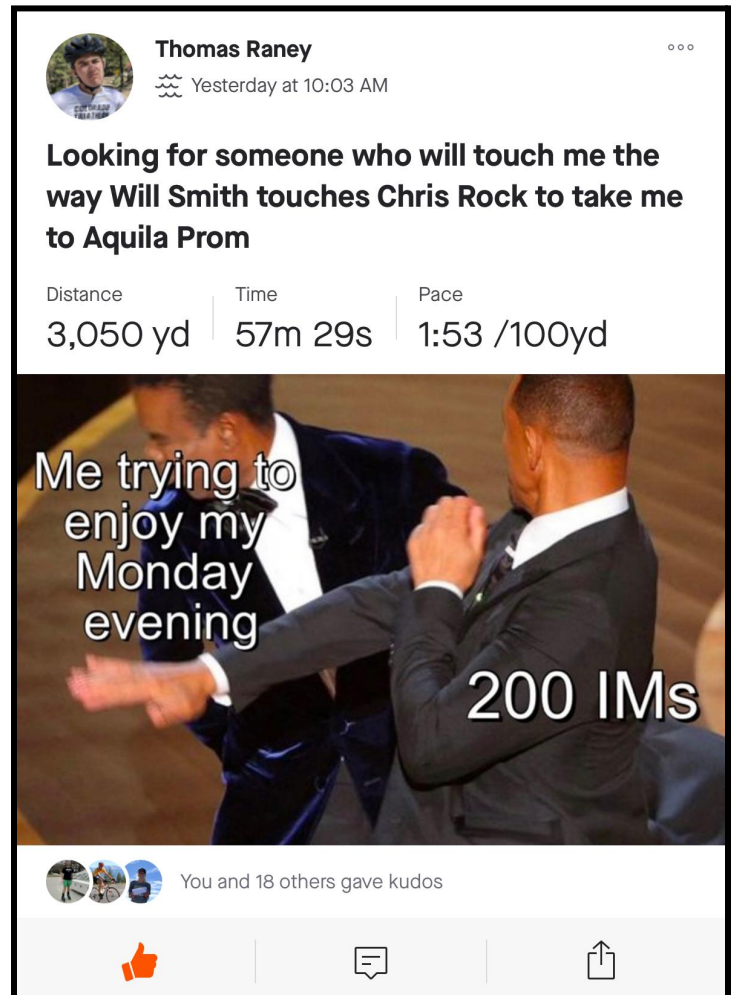
4 x 25 swim sprint, 15 seconds rest

3 x 50 swim fast

100 easy

Snake relay

200 cool down



Strava meme of the day