

Swim Practice Wednesday 2/16/22 #220216.AG

Level 6 (800 + 400 + 800 + 500 + 500 = 3000yd)

800 SKPS (200 swim, kick, pull, swim)

8 x 50 swim on 0:55

3 rocket jumps before each 50

2 x 400 swim on 9:00ish

5 x 100 swim on 1:20

200 easy kick

100 free time trial

200 easy swim

Level 5

800 SKPS (200 swim, kick, pull, swim)

8 x 50 swim on 1:00

3 rocket jumps before each 50

2 x 400 swim on 9:00ish

Focus on good form in the second half

5 x 100 swim on 1:30

200 easy kick

100 free time trial

200 easy swim

Level 4

800 SKPS (200 swim, kick, pull, swim)

8 x 50 swim on 1:10

3 rocket jumps before each 50

2 x 300 swim on 8:00ish

Focus on underwaters off every wall

5 x 100 swim on 1:40

200 easy kick

100 free time trial

200 easy swim



????? meme of the day

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Level 3

500 SKIPS (100 swim, kick, IM (or freestyle), pull, swim)

8 x 50 swim on 1:20

3 rocket jumps before each 50

3 x 200 swim on 5:00ish

Focus on head placement during breathing

6 x 100 swim on 1:50

200 easy kick

100 free time trial

200 easy swim

Level 2

500 SKIPS (100 swim, kick, IM (or freestyle), pull, swim)

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 free time trial

200 easy swim

Level 1

Warm Up

200 swim (broken into 50s or 25s)

200 kick (try not to stop)

Pre-Set

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

Main Set

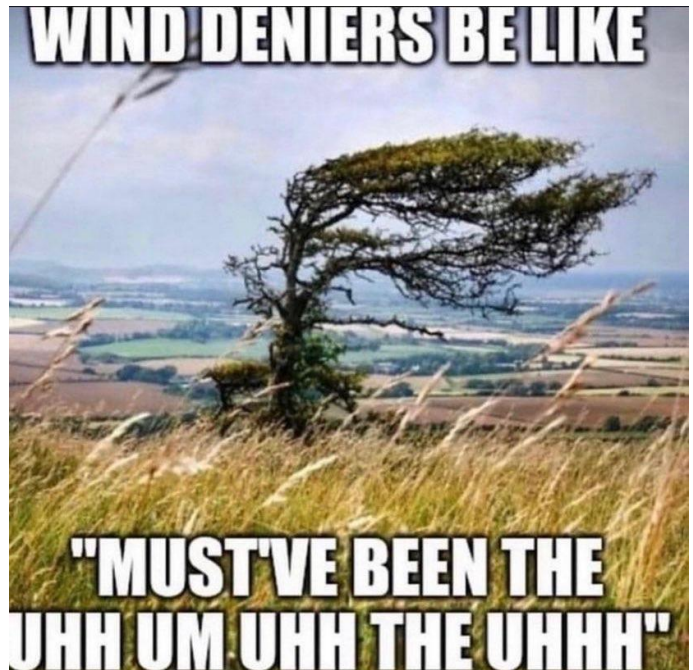
3 x 100 swim on 3:00ish OR 5 x 50 swim on 1:30ish

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

200 easy kick

100 free time trial

150 easy swim



????? meme of the day