

Focus: Streamline Distance Backstroke

Wed. 3/24 & Thurs. 3/25

Warm Up

500 Free every 4th 25> back kick, streamline off all turns, power triangle, pinch your ears with the biceps

200 Pull

4 x 75 Choice: 25 kick, 25 Drill, 25 swim (1000)

Streamline & Max Distance Off Wall past flags:

2 x 250 Free	R:15"
4 x 50 Back Kick w/fins	R:15"
1 x 150 Free	R:15"
4 x 50 Back Kick 25 sprint 25 slow	R:15"
2 x 100 Pull	R:20"
8 x 25 Sprint Free:max streamline	R:45" (1450)

Bonus: Backstroke 1 x 50 or 1 x 100 TIMED

Cool Down: (5:40pm)

200 Free