

Base Training: Backstroke

5/13-14/2021

Warmup

200 Free

200 Kick

(400)

Drills and Body Positioning

1 x 100 Back Drill

3 strokes free, 4 strokes back, when switching from free-back or back-free make sure the catch is setup and held through the transition.

6 x 50 Back - hold water on catch

6 x 25 Free - catch solid feel of water

1 x 50 Free

4 x 100 Back - fins, by 50's "L-Drill" + Swim

head low, hips up, no knees out of the water, toes break the surface

1 x 50 EZ choice

1 x 200 Back

(1,100)

Warmdown

8 x 25 EZ, scull, streamline kick