

Base: 20 x 50's Swim & Kick

Monday & Tuesday

Warm Up: R:10"

200 Free + 100 Kick + 100 Pull

Matt Grever's Backstroke Drill Sets:

re-group 5:10-5:20

20 x 50's: Swim set till 5:50pm

4 x 50 Free R:10"

4 x 50 Non-Free R:10"

4 x 50 Kick (fins?) 25 fast/25 Ez R:10"

4 x 50 Free R:10"

4 x 50 Back Kick (fins?) R:10"

5:50pm - stop above set move to:

1 x 200 Pull R:10"

Cool Down:

200 stretch, lengthen, scull