

## Focus: Best Backstroke Goal Time

### Wednesday

#### Warm Up

300 Swim

200 Kick

12 x 25 Odd Fast Free/Even EZ Back (800)

#### 2x thru:

1 x 100 IM - Perfect Transitions R:10

1 x 100 Pull R:10

50 Back/50 Free - Match DPS (400)

#### 3x or 2x thru:

4 x 50 Kick - IMO R:10

1 x 100 IM "Timed"

1 x 100 EZ R:20 (1200/600)

#### Target Goal Time: Broken 200/100

#### 2x or 1x thru:

2 x 100/50 Backstroke R:10

subtract 10" from final time

1 x 100 EZ R:30 (600/400)