

## Base: Endurance Training

## Part II Backstroke

### Wednesday & Thursday

#### Warm Up:

200 Free

200 Pull

Vertical Kick Choice 3-5 minutes (400+)

#### Drill Set:

4x (4 x 25) Back R:10

R1: Single Arm (R 25/L 25)

R2: "TouchDown" Swim

R3: "Okay" Swim

R4: Back Swim DPS (400)

#### Backstroke Training:

3 x 100 (50 Swim, 50 Kick, 50 Swim) R:10" (300)

4 x 50 Back descend DPS R:10 (200)

3 x 100 - Back Best Average R:30" @ 100's

25 - R:05", 50 - R:10", 25 - Fast (300)

#### Cool Down:

1 x 200 EZ Choice (200)