

## Base: Backstroke Endurance

Wednesday, 3/2

### Warm Up: (no board or buoy)

200 Swim Choice

5 minute Vertical Flutter Kick - forward and backward

4 x 50 (25 fast free + 25 Ez back) (400+)

### Drill: Backstroke (fins optional)

2 x (4 x 50)

R1: Odd 25-Double Arm Backstroke, Even 25-"Okay"

R2: 6-Count Kick/Triple Switch (400)

### 1x thru:

2 x 100 Pull Choice @ +:15 or R:15

Descend 50's or 25's 1-4

2 x 100 Swim @ +:10 or R:10

Middle 50 Backstroke

4 x 25 Backstroke @ +:10 or R:10

Odd EZ, Evens Fast! (600)

### 1x thru:

2 x 200 Backstroke - Broken

#1: 4 x 50 @R:05"

#2: 2 x 100 @R:10"

1 x 100 EZ Choice

1 x 200 Backstroke - Timed (700)

### Cool Down:

1 x 200 EZ Choice (200)