

## Focus: Backstroke Endurance

Wednesday, 3/2

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

300 Swim Choice

5 minute Vertical Flutter Kick - forward and backward

6 x 50 (25 fast free + 25 Ez back) (600+)

### 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)

### 2x thru:

1 x 200 Pull Choice @ +:15 or R:15

Descend 50's

2 x 150 Swim @ +:10 or R:10

Middle 50 Backstroke

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

Odd EZ, Evens Fast! (1200)

### 2x thru:

Broken 200 Backstroke

4 x 50 -or- 2x (4 x 25) @ R:05

1 x 100 EZ Choice

1 x 200 Backstroke - Timed (1000)

### Cool Down:

1 x 200 EZ Choice (200)