

Focus: Backstroke Endurance

Friday

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 Stroke Choice) (600+)

Drill: 3 x (4 x 50) Backstroke (fins?)

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

R2: 6-Count Kick/Triple Switch

R3: DPS decrease by each length (300)

2x thru:

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

Descend DPS by 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)

1x or 2x thru:

4 x 50 Backstroke @ R:05

1 x 100 EZ Choice

1 x 200 Backstroke - Timed (500/1000)

Cool Down:

1 x 200 EZ Choice (200)