

Focus: Backstroke Endurance

Wednesday & Thursday

Warm Up:

300/200 Swim Choice + 200 Kick + 200 Pull (700/600)

Drill: Backstroke (fins optional)

3 x (2 x 50)

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

R2: Odd "6-1-6"/Even "Triple Switch"

R3: Odd "Touchdown", SLOB Kick (300)

Backstroke: EZ-Fast, Fast-Ez

8 x 25 (Odd Fast-Ez, Even Ez-Fast) (200)

2x or 1x 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! (1200/600)

Re-Group - Backstroke Starts

1x thru:

200 Backstroke >> 2x (4 x 25) @ :45/1:00/1:10/1:20

1 x 100 EZ Choice

1 x 100 Backstroke - Timed (500)

Cool Down: 1 x 200 EZ Choice (200)