

## Focus: Backstroke Endurance

Friday

### Warm Up:

300/200 Swim Choice

8 x 25 Kick: odd fast/ez, even ez/fast

6/4 x 50 (25 fast free + 25 Ez NF) (800/600)

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

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

R2: Odd "6-1-6", Even "6-3-6"

R3: 30" Vertical Flutter 25 Fast Back/25 Ez (600/450)

### 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)

### Slow down & Focus:

4 x 50 Free "finger-tip drag" w/"Glove Stroke" (200)