

Focus: Backstroke Endurance

Wednesday & Thursday

Warm Up:

200 Swim Choice

200 Kick: 25 SLOB, 25 6-1-6

4 x 50 (25 Fast Free + 12.5 Fast Arms Back) (600)

Drill: Backstroke (fins optional)

2 x (4 x 50)

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

R2: Odd 6-3-6, Even DPS (400)

2x or 1x thru:

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

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)

1x thru:

Broken 200 Backstroke - (predict fast time)

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

1 x 100 EZ Choice

1 x 200 Backstroke - **Timed** (500)

Cool Down:

1 x 200 EZ Choice (200)