

Focus: Backstroke Endurance

Friday

Warm Up:

500 Swim (every 4th 25 SLOB Kick)

200 Pull (700)

2x thru: Backstroke Drills: (fins?)

6 x 25: 1-3 "Log Roll" 4-6 "Shoulder Tap"

4 x 50: Odd 50 Fr >Back, Even 50 Back >Fr (700)

2x or 1x thru:

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

2 x (50 Fr +50 Bk +50 Fr) @ +:10 or R:10

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

Odd EZ, Evens Fast! (1200/600)

Bonus: Re-Group - Backstroke Starts

1x thru:

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)