

Focus: Backstroke Endurance

Monday

Warm Up:

400 Swim, every 3rd 25 backstroke

8 x 25 Streamline Kick: minimal head movement

4 x 50 (25 free + 25 backstroke breakout) (800)

Drill: 8 x 75 Backstroke Drill (fins?) and critters

Odd 75: 25 Log Roll/25 shoulder tap/25 "Hip Tap-Switch"

Even 75: Backstroke swim DPS

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 "Silent Swim" (200)