

## **Backstroke Builds and Power 50's Terrible Tuesday**

### **Warm-Up (300 yards)**

- **1x300**, 100 Swim/100 Kick/100 Choice

(300)

### **Drill Set "Building backstroke" (500 yards)**

- **4x50s** Canoe Kick
- **2x50s** 6 kick switch
- **4x25s** backstroke sprint 15yd  
Throw arms back
- **2x50s** 1 arm backstroke

(800)

### **Main Set 1 (1800 yards)**

**(3x through, no extra rest between rounds)**

- **3x100** Free, descend 1-3                      on 1:30/1:45/2:00
- **4x50** just make it                                on 0:50/1:00/1:10
- Rest for :30
- **4x25s** ALL OUT on 1:00

(2600)

### **Main Set 2:Power 50s (500 yards)**

- **3x50s** on :50/:55/1:00
- **3x50s** on :45/:50/:55
- **3x50s** on :40/:45/:55
- **1x50** ALL OUT BABY

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(3100)