

Rotating BBF

Friday 9/11/26

Warm up 200 Swim 200 Kick 200 Pull 600

Drills 2 rounds of 4/2 x 50 - R:15s 400

4/2 x 50:

Down->Streamline off wall on Back AFAP

Back-> "Hesitation Drill"(look down recovery arm)

4/2 x 50:

Down-> Back Kick - one arm above head with
opposite little finger in the water,

Back-> Scull - arms at hips

Set 1 ---12/6 x 75 R:15s 900/450

#1 - 25 **Build** Backstroke then 50 Mod Free

#2 - 25 Free then 25 Back **Blast** then 25 free

#3 - 50 Free then 25 Back **Fast-ish**

#4-6 - as before, but 25 Switch Back with Free

25 Build Free then 50 Mod Back

25 Back then 25 Free **Blast** then 25 Back

#6-9 - All Back same pattern as before

#10-12- All FREE same pattern as before

Set 2 R:20s 900/450

3 x 300/150 Mod #1-Pull #2-Swim #3-Pull

Set 3 600/300

4 x 100/50 Break at 50/25,10s VERTICAL KICK, R:20s

1 x 200 IM order by 50

Free/Fly, Free/Back, Free/Breast. Free/Free

Cool down - Double Arm Back & Breaststroke Kick