Equipment you will need: Ample space, pillows or cushions x2, something to balance on your forehead (rubber duck, a plastic cup with something dry in it for weight, a snack, if that is what motivates you!)

**Warm Up**

200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)

**Technique Set**

Make sure you have ample room to lay on your back and extend your arms and legs all the way out. (Beds are a great place for this exercise!) Lay a pillow under your behind and then another small pillow (or stuffed animal) under your head. The idea is to be able to swim backstroke with your head steady and in a neutral position.

* Extend into a tight streamline, engaging your core so your feet come up off the floor. Flutter kick with small stead kicks (BOIL THE WATER!) Pay special attention to knees pointed to the sky and the kick staying small. Maintain streamline and the kick for 25 seconds, rest for 5 seconds and repeat.

Round 1 – Kick with hands on arms in a streamline, eyes focused on a spot on the ceiling

Round 2 – Kick with arms at your side but try to tighten the core as if in a streamline

Round 3 – Kick with hands in a streamline, and something balanced on your forehead. Close your eyes.

Round 4 – Incorporate arm stroke while balancing the item on your forehead and the eyes closed. Keep the small, quick flutter kick going.

* Stand in front of a mirror to perfect your backstroke recovery and entry. Look at yourself in the mirror and take a backstroke stroke. Look for these key points. Each round includes 16 stroke cycles.

1. We “push” off the wall in a streamline position
2. We initiate out stroke with ONE arm pull, (Not both and then start the one arm cycle!) Stroke starts at the top.

* The pull phase is the part where your arm is under the water. The goal is to PUSH water towards your feet, not sweep the water next to you. (Drop your shoulder into your back pocket and push!)
* The recovery phase is the part where your arm exits the water (thumb first) , rotates to allow for a pinky first entry (princess waves!) and reaches above the body for an extended position for entry.

1. We exit the water near our hip, we enter the water in line with our shoulder (in the 11 position!) above our body.
2. The “push” of the right arm aids the extension and long entry of the left arm. (This is where rotation happens)

Round 1 – Focus on where your entry happens. (11 position) Remember to breathe.

Round 2 – Focus on the timing of the stroke. As one arms pushes, the other arm extends for entry.

Round 3 – Balance something on the top of your head while you take the stroke. Look at yourself in the mirror and make sure you’ve got your exit and entry where you want them.

Round 4 – Speed it up and pay attention to your breathing. I suggest inhale/exhale with the push on one side on each full stroke cycle.

**Strength Set**

* 8 X 50 Back/Breast (16 stroke cycles of back/12 stroke cycles of breast) on a 1:00 interval

Laying on your back, swim your backstroke with something balanced on your forehead. Kick and take 16 full stroke cycles, roll over to your belly and repeat 12 stroke/kick cycles for breastroke (as described in Wednesdays workout).

Quality is key! You have 1 full minute to “swim” the strokes. If you finish early, REST. If you don’t finish in time, REST for 10 seconds and then do it again.

**Warm Down**

200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)