

Training Opportunity # 10 Make sure backstroke is safe

600 IM free for fly
5 x 100 free with paddles and buoy rest :10-15 after each Breathe ev. 4 to same side of the pool
4 x 250 modified IM's (rest :15)
each 200 IM plus 50 best stroke at the end

Kick 8 x 50 rest :10-:15 after each
2 dolphin on side/ 2 flutter on side/ 2 back/ 2 breast w/board

10 x 25 select your interval odds = sprint evens = technique
2 each stroke in IM order w/2 extra feestyle at end

Training Opportunity #11 Make sure backstroke is safe

15 minute swim streamline tight! alt 50 fingertip drag/50 fist swim/50 choice-no free
8 minute swim w/paddles and buoy breathe ev 5 on the even 50's
12 minutes of 125's free rest :10 after each
odd 125 use breath control even 125 breathe ev. 4 to same side of pool

Kick 12 x 50 alt 2 free/2 choice all the way rest :10-15 after each
7 x 50 rest :15 after each 2 fly-back 2 back-brst 3 brst-free
on odds work turn technique; evens are fast.....the last 50 is also FAST

Training Opportunity # 12 Make sure backstroke is safe

10 minute swim every third 25 alt 10 + 10 drill and fingertip drag
400 IM free for fly (rest :20)
3 x 50 back drills (rest :10) all are 25 3/3 drill 25 swim back
****then repeat the 550

12 x 25 freestyle drills focus on Rotation
25 10 + 10 drill/ 25 R. Ship drill/ 25 L. Ship drill/ 25 swim w/rotation three rounds

3 x 400 (rest :25)
each 50 free/ 25 L. back/ 25 R. back/ 200 IM/ 25 L. back/ 25 R. back/ 50 free w/high elbows

Kick 10 x 50 rest :10 1st 5 = free last 5 are choice and FAST