

Practice # 32 – Free/Back Drills (Lanes 1&2)

Warm Up - 400 Choice
- 4x100 kick 2:15/2:30

Main Set:

5x100 free drills 1:50/2:00

25 kick (no board), 25 full, 25 kick, 25 full

**Remember: steady head position, long
streamlined body. 1-arm pull to breath**

5x100 back drills 2:00/2:10

25 kick (no board), 25 full, 25 kick, 25 full

**Use fins if needed. Steady head position,
long streamlined body, hips out of the water
1-arm pull to maintain speed**

4x50 swim :55/1:00

3x100 IM 1:50/2:00

(repeat set 3 times with theme swims as:

1st cycle fly or breast, 2nd back, 3rd free)

1 min rest between cycles

Warm down - 5 mins of relaxed swim