

Practice # 33 - BR/IM Steps (Lanes 3 & 4)

Warm Up - 400 Choice Stroke

- 6/5x50 breast sculling 1:10/1:20

Main Set:

5/4x50 breast kick 1:20/1:30

4x50 elementary back stroke when ready

Intro to legal turns and push offs “

6x50 breast (slow - feel kick&glide) “

5/4x100 breast (1st 2 drill-then full)2:15/2:30

drill: 2 kicks for every pull, feel kick & glide

full: work on timing of kick, arms & glide

in order to max the kick and glide fwd

4/3x200 (50 fr/100 br/50 fr) 4:00/4:30

Warm down – 5 mins of relaxed swim