

Practice # 71 – Back/Free Roll (Lanes 1&2)

Warm Up - 400 Choice
- 4/3x100 Kick 2:15/2:30

Main Set:

(with fins)

5x100 bk/fr roll drill 1:45/2:00

**wall to flag/flag to wall - free, middle 15m - back
(Rock & Roll with firm hips without twisting)**

5x100 bk (w or w/o fins) 1:50/2:00

(practice flip turns - use the flags)

12x75 Round-Robin IM 1:30

ie. 25 fly, bk, br – 25 fr, fly, bk – etc

400 IM

Warm down – 5 mins of relaxed swim