

Practice # 71 – Back/Free Roll (Lanes 3&4)

Warm Up - 400 Choice
- 3/2x100 Kick 2:45/3:15

Main Set:

(with fins)

4/3x100 bk/fr roll drill 2:10/2:45

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

4/3x100 bk (w or w/o fins) 2:20/3:00

(practice flip turns - use the flags)

10/8x75 Round-Robin IM 1:45/2:15

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

400/200 IM

Warm down – 5 mins of relaxed swim