

Practice # 91 – Lifesaving/Relay Drills

Warm Up - 400 Choice

Main Set:

2x300 Obstacle Relay **1 min rest**

2 swimmers shallow end, 1 - deep end

Note: if short course, only use 1 obstacle

4x25 Manikin Carry (no fins) when ready
10 free, 5 pick-up, complete with carry

4x25 Manikin Relay drills when ready
(4 swimmers, 1 at each end and two middle)

Repeat set 4 times and rotate start points

8x50 Free with fins 1:00

20 underwater dolphin kick, 5 free, 25 1-arm

8x50 Free with fins when ready

20 underwater, 5 free, manikin pick-up, return

4x50 Manikin tow drill when ready

swim for manikin, manikin tow, return

Warmdown – 5 mins of relaxed swim