

Practice # 92 – Lifesaving Drills (LC)

Warm Up - 400 Choice
- kick or drill set

Main Set:

10x50 swim (3 fly,3 back,3 free,1 easy) 1:00

4x50 Manikin Carry (no fins) when ready
25 free, pick-up, 25 carry

8x50 Free with fins 1:15
30 underwater dolphin kick,5 free,15 1-arm

8x50 Free with fins when ready
20 underwater,5 free,pick-up,25 carry

4x25 Manikin tow drill when ready
swim for manikin, manikin tow, return

Warmdown – 5 mins of relaxed swim