

Practice # 90 – Lifesaving (Basic)

Warm Up - 400 Choice

- 9x50 Swim :50

(3 fly, 3 back, and 3 free)

Main Set:

6x25 Manikin Carry (no fins) when ready

10 free, 5 pick-up, complete with carry

(good manikin carry drills)

6x50 Free with fins :50

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

4x50 Free with fins when ready

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

(good manikin carry with fins drill)

4x50 Free with fins when ready

10 underwater, 15 free, manikin tow, return

(good manikin tow with fins drill)

Warmdown - 5 mins of relaxed swim