

Backstroke Technique

Warm up:

100 free, 50 back kick, 100 free, 50 back kick

1st set (Main):

4 x 25 drill (Rotating kick)

2 x 50 backstroke, 4 x 25 drill (1 arm backstroke)

2 x 50 backstroke, 4 x 25 drill (paused backstroke)

2 x 50 backstroke, 4 x 25 drill (back and forth stroke)

2 x 50 backstroke

2nd set (Speed):

4 x 25 Increasing speed - 50 easy

4 x 25 Increasing speed - 50 easy

3rd set (Dolphin):

4x25 butterfly reverse kick

4 Underwaters increasing one kick.

Warm down:

100 Backstroke

4x50 easy freestyle

Stretch.

Total = 1800