

➤ SKILLS NT

Backstroke Workout #2

Warm up :

5 x 50s Free

5 x 50s Back

Technique :

5 x 50s Kick (20 to 30 seconds rest)

10 x 25s Drills (20 to 30 seconds rest) (Alternate Drill Touch face -Sculling)

Main set :

25 - 50 - 75 - 100 - 125 - 125 - 100 - 75 - 50 - 25

Free - Back - Free - Back - Free - Back - Free - Back - Free - Back

Warm down

2 x 50 Easy Free

2 x 50 Easy Choice