

## Workout #9 Backstroke

### Warm up:

Shoulder warm up exercises

20 circles backwards.

20 circles combined 1 forward 1 backwards.

20 Towel mobility 1

20 Towel mobility 2

6 x 50s backstroke / freestyle

6 x 50s Backstroke kick with rotation

### Technique set:

4 x 25s Technique drills

### Main set:

12 x 75s (2 Fast backstroke / 1 Easy freestyle)

### Warm down:

4 x 50s Breaststroke / freestyle

Stretch 10 minutes