20110726

Drills/Free Back Review

Warm Up:

Choice until 10 after

8x 50 scull @ 2:00

8x 50 sweet spot w/ fins @ 1:30

8x 25 back single arm switch

8x 25 free single arm switch

5x 50 back triple arm switch

5x 50 free triple arm switch

4x 25 back, two left-two right

4x 25 free, alt. 1-arm at side, breath same side

Fins Off -

6x 25 3 strokes free/4 strokes back

6x 25 swim fast; odds free, evens back

Warm Down