

## Practice # 31 – Back/Free Roll (Lanes 1&2)

**Warm Up - 400 Choice**  
**- 4/3x100 Kick 2:15/2:30**

**Main Set:**

**(with fins)**

**5x100 bk/fr roll drill 1:40/1:50**

**wall to flag/flag to wall - free, middle 15m - back  
(Rock & Roll with firm hips without twisting)**

**5x100 bk (w or w/o fins) 1:50/2:00**

**(practice flip turns - use the flags)**

**12x75 Round-Robin IM or free 1:20/1:30**

**25 fly, 25 bk, 25 br**

**25 bk, 25 br, 25 free**

**25 br, 25 free, 25 fly etc.**

**400 IM or Free/300 Mod IM or Free**

**Warm down – 5 mins of relaxed swim**