

Practice # 31 – Back/Free Roll (Lanes 3&4)

Warm Up - 400 Choice
- 3x100 Kick **2:45/3:15**

Main Set:

(with fins)

4/3x100 bk/fr roll drill **2:10/2:30**

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

4/3x100 bk (w or w/o fins) **2:20/2:45**

(practice flip turns - use the flags)

10/8x75 round-robin IM or free **1:45/2:00**

25 fly, bk, br

25 bk, 25 br, 25 free

25 br, 25 free, 25 fly etc

300 Mod IM or Free/200 IM or Free

Warm down – 5 mins of relaxed swim