

## Practice # 32 – Free/Back Drills (Lanes 1&2)

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

### **Main Set:**

**5x100 free drills 1:50/2:00**

**25 kick (no board), 25 full, 25 kick, 25 full**

**Remember: steady head position, long  
streamlined body. 1-arm pull to breath**

**5x100 back drills 2:00/2:10**

**25 kick (no board), 25 full, 25 kick, 25 full**

**Use fins if needed. Steady head position,  
long streamlined body, hips out of the water  
1-arm pull to maintain speed**

**4x50 swim :55/1:00**

**3x100 IM 1:50/2:00**

**(repeat set 3 times with theme swims as:**

**1<sup>st</sup> cycle fly or breast, 2<sup>nd</sup> back, 3<sup>rd</sup> free)**

**1 min rest between cycles**

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