

Practice # 32 – Free/Back Drills (Lanes 3&4)

Warm Up - 400 Choice
- 3x100 kick 2:30/2:45

Main Set:

4x100 free drills 2:10/2:30

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

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

4x100 back drills 2:20/2:45

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**

3/4x50 swim 1:05/1:10

3/2x100 IM 2:10/2:30

(repeat set 3 times with theme swims as:

1st cycle fly or breast, 2nd back, 3rd free)

1 min rest between cycles

Warm down - 5 mins of relaxed swim