

## Practice # 33 - BR/IM Steps (Lanes 3 & 4)

**Warm Up - 400 Choice Stroke**

**- 6/5x50 breast sculling 1:10/1:20**

**Main Set:**

**5/4x50 breast kick 1:20/1:30**

**4x50 elementary back stroke when ready**

**Intro to legal turns and push offs “**

**6x50 breast (slow - feel kick&glide) “**

**5/4x100 breast (1<sup>st</sup> 2 drill-then full)2:15/2:30**

**drill: 2 kicks for every pull, feel kick & glide**

**full: work on timing of kick, arms & glide**

**in order to max the kick and glide fwd**

**4/3x200 (50 fr/100 br/50 fr) 4:00/4:30**

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