

Example Workout: Intermediate

Equipment: glass, pull buoy

Warm Up:

1 x 400 (75 swim, 25 kick only of each stroke = freestyle, backstroke, breaststroke, butterfly)

Main Sets:

200 Backstroke with flip turn, rest 60 seconds - repeat X 3

150 Backstroke drill with glass on forehead - focus on keeping head still



200 Backstroke with cleaned fists

200 Backstroke with low pull buoy

200 Seated Backstroke - keeping cadence extremely high -- alternate with 2 arm backstroke



200 Swap over: swim the backstroke with one arm holding a pullbuoy in front of your face; as your arm swings past, swap hands and continue your stroke using the hand that was holding the pullbuoy

100 Backstroke - fast w/ flip turns - time yourself

X 4 = each times getting faster than the previous time

Cool Down:

Double Arm Backstroke with Frog Kick