

Backstroke & Kick - Intermediate

Warm Up:

4x50s free

2x50s back

Main Set:

200 free with 10 strokes of back off each wall

8x50s where: odd 50s = kick on back

even 50s = backstroke

100 free with 10 strokes of back off each wall

4x50s backstroke, descend times 1-4

Cool Down:

50 backstroke kick

50 backstroke

100 freestyle

1,400m

It's no secret I don't like backstroke, but this is a set even I can manage. It's a nice combination of backstroke and kick, which is sure to get the blood going. It's also quite long, so kudos if you get through it!

Hot tip: as a means of getting better at backstroke kick, practice flutter kicks on land, but point your toes as you do it (it's best to do it without shoes).