

Backstroke - Beginner

Warm Up:

2x50s freestyle

2x25s backstroke

Main Set:

12x25s where: odd = free

even = backstroke

100 easy

50 backstroke

Cool Down:

Minimum 100m easy, except on the first lap, do 10 strokes of **FAST** backstroke!

700m

You'd never catch me swimming backstroke, but hey - that's why I'm a coach! Just don't ask me to do a backstroke start...that normally ends with a very painful concussion...