

Equip: kickboard, pull buoy

“Back drill”

| Time/ Yards | Hard | Time/ Yards | Harder | Time/ Yards | Hardest |
|--|--|--|--|--|--|
| 2:30 1:00 2:30 1:00 2:30 500y | 100 back flutter 50 back pull 150 free pull 50 back swim 150 free | 3:00 1:45 1:45 1:30 1:30 550y | 150 back flutter 100 back pull 100 free pull 100 back swim 100 free | 3:45 2:15 0:45 2:15 0:45 600y | 200 back flutter 150 back pull 50 free pull 150 back swim 50 free |
| 2:45 2:30 2:00 300y | 100 back drill 50+50 drill/back 100 back swim **Left x 3, Right x 3 **15 sec rest | 2:00 0:45 0:10 2:00 0:45 0:10 1:45 350y | 100 back drill 25 back flutter 10 sec rest 50+50 drill/back 25 back flutter 10 sec rest 100 back swim **Left x 3, Right x 3 | 1:45 0:40 0:10 1:45 0:40 0:10 2:30 400y | 100 back drill 25 back flutter 10 sec rest 50+50 drill/back 25 back flutter 10 sec rest 150 back swim **Left x 3, Right x 3 |
| 5:00 200y | 5 min free/back **switch as needed, no slowing down | 5:00 300y | 5 min free/back **switch as needed, no slowing down | 5:00 350y | 5 min free/back **switch as needed, no slowing down |
| 2:00 2:00 2:00 300y | 100 back drill 50+50 drill/back 100 back swim **Double arms w/ flutter kick **15 sec rest | 1:45 0:45 0:10 1:45 0:45 0:10 1:45 350y | 100 back drill 25 back flutter 10 sec rest 50+50 drill/back 25 back flutter 10 sec rest 100 back swim **double arms | 1:45 0:40 0:10 1:45 0:40 0:10 2:30 400y | 100 back drill 25 back flutter 10 sec rest 50+50 drill/back 25 back flutter 10 sec rest 150 back swim **double arms |
| 200y | 5 min back swim **no slowing down | 5:00 300y | 5 min back swim **no slowing down | 5:00 350y | 5 min back swim **no slowing down |
| 0:25 0:25 1:00 0:25 375y | 25 back sprint 25 easy free 50 back sprint 25 easy free **15 sec rest ^^^do this 3 times | 0:45 0:25 0:45 0:25 450y | 50 back sprint 25 easy free 50 back sprint 25 easy free **15 sec rest ^^^do this 3 times | 0:40 0:25 0:40 0:50 525y | 50 back sprint 25 easy free 50 back sprint 50 easy free **15 sec rest ^^^do this 3 times |
| 5min 200y | 200 cool down, long, stretching strokes | 5:00 200y | 200 cool down, long, stretching strokes | 5:00 200y | 200 cool down, long, stretching strokes |