

FOCUS: Backstroke 1 hour

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>400 freestyle every 4th lap back Backstroke Drills: 100 of each</p> <ul style="list-style-type: none"> 6-3-6 – focus – rotation and kick 1 arm back – pull along lane rope and then Take catch arm under the lane rope Focus- arm position in catch Pause and catch – Pause recovery arm vertical and then accelerate other quickly through pull Focus- accelerating through pull <p>700</p>	<p>400 freestyle every 4th lap back Backstroke Drills: 100 of each</p> <ul style="list-style-type: none"> 6-3-6 – focus – rotation and kick Pause and catch – Pause recovery arm vertical and then accelerate other quickly through pull Focus- accelerating through pull Salute the flag – 1 arm at catch entry, Recovery arm vertical , bring fingers to Forehead (salute) and then continue stroke Focus- maintaining body position/ kick <p>700</p>	<p>500 freestyle every 4th lap back Backstroke Drills: 100 of each no fins</p> <ul style="list-style-type: none"> 6-3-6 – focus – rotation and kick Pause and catch – Pause recovery arm vertical and then accelerate other quickly through pull Focus- accelerating through pull Salute the flag – 1 arm at catch entry, Recovery arm vertical , bring fingers to Forehead (salute) and then continue stroke Focus- maintaining body position and kick <p>800</p>
<p>Main Set</p> <p>Focus/Tips: quality backstroke: Experiment with stroke for best efficiency</p> <p>Freestyle Set: Maintain same pace</p>	<p>Backstroke:</p> <ul style="list-style-type: none"> 2 x 50 as 25 focus on stroke, 25 sprint 1 x 50 sprint 1 x 100 1 x 50 30 sec I Focus on stroke – what changes make a difference to time and turns <p>100 easy 400</p> <p>Freestyle Threshold Pyramid</p> <p>2 x 50 15 sec I 1 x 100 30 sec I 1 x 200 1 min I 1 x 100 2 x 50 600</p>	<p>Backstroke:</p> <ul style="list-style-type: none"> 2 x 50 as 25 focus on stroke, 25 sprint 1 x 50 sprint 1 x 100 1 x 50 30 sec I Focus on stroke – what changes make a difference to time and turns <p>100 easy 400</p> <p>Freestyle Threshold Pyramid</p> <p>1 x 50 on 60 1 x 100 on 2.00 1 x 200 on 4.00 1 x 100 1 x 50</p> <p>REPEAT 1000</p>	<p>Backstroke:</p> <ul style="list-style-type: none"> 2 x 50 as 25 focus on stroke, 25 sprint 1 x 50 sprint 1 x 100 1 x 50 30 sec I Focus on stroke – what changes make a difference to time and turns <p>100 easy 400</p> <p>Freestyle Threshold Pyramid</p> <p>2 x 50 on 50/55 1 x 100 on 1.35/1.40 or 1.45 1 x 200 on 3.10/3.20 or 3.30 1 x 100 2 x 50</p> <p>REPEAT 1200</p>
<p>Cool Down</p>	<p>300 choice 2000</p>	<p>200 choice 2300</p>	<p>200 choice 2600</p>