

Pre-Swim – On the Deck – Backstroke Arms

See the Freestyle 1 – Lesson 3 lesson plan.

Warm-Up

1 x 200 Freestyle – Relaxed pace

Main Sets

Backstroke learning progression:

2-4 x 50 Backstroke – Focus: Thumb out, pinkie in
2 x 50 Freestyle

2-4 x 50 Backstroke – Focus: Each shoulder dry once during stroke cycle
2 x 50 Freestyle

2-4 x 50 Backstroke – Focus: Shoulders and arms straight ahead on extension
2 x 50 Freestyle

2-4 x 50 Backstroke – Focus: Snappy finish
2 x 50 Freestyle

2-4 x 50 4 Back 3 Free Combo

Video

One length backstroke

Warm-Down

4 x 50 Backstroke 25, Freestyle 25

Video Review

Review Video