

Pre-Swim – On the Deck – Backstroke Arms

Review 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 – Focus: Eyes down

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

2 x 50 Freestyle – Focus: Hip rotation (not shoulder rotation)

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

2 x 50 Freestyle – Focus: arms straight ahead for the recovery

2-4 x 50 Backstroke – Focus: Snappy finish

2 x 50 Freestyle – Focus: snap the hips

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