

# Posture Focus

## Warm Up (~600-1000)

12 minutes FS all ↑ Lane 1 ↓ Lane 2

duck under lane line at the walls

(practicing crowd swimming, passing, drafting)

## Drill Set (400)

Think “Butt, Belly, Neck, Chin”

Hold 11-Position 10 seconds at wall, PB at ankles, release PB and swim or drill with perfect posture

4 X 50 FS (with perfect posture)

4 X 50 1-Arm Drill – switch at wall (see above)

## Conditioning Set (2000)

Tempo Trainer = M1 and TL (your CSS pace per length)

4 x 200 @TL (threshold per length)

4 x 200 @TL +:01 (a little easier – posture focus)

4 x 100 @TL -:01 (a little harder)

## Cool Down (200-400)

200-400 Choice