

# **Posture 1 – Trim**

Tools: PB, Fins

## **Warm Up (400)**

100 FS easy, 200 FS w/PB, 100 FS quick

## **Drill Set (600)**

Exercise: Surface float as directed by coach

4 X 50 Back-Front-Back Drill (fins optional)

4 X 50 4x90 Drill (fins optional)

4 X 50 FS – Begin floating at surface in 11 position (optional PB at ankles, KB out front), hold 11 position 10 seconds, release PB and swim

## **Main Set (1200-1600)**

12-16 x 100 FS alt w/PB and without, focus on front-to-back balance

## **Cool Down (200-400)**

200-400 Choice