

Posture 2 – Stability

Tools: KB, PB, Fins (optional)

Warm Up (400)

400 FS ↑ build to quick ↓ always easy

Drill Set (400)

Exercise: Surface float as directed by coach

2 X 50 Rotational kick drill on Back (fins optional)

2 X 50 Rotational kick drill (fins optional)

2 X 50 6-3-6 Drill

2 X 50 6-n-6 Drill

Main Set (1200-1600)

12-16 x 100 FS alt w/PB and without, focus on hip-to-shoulder stability during rotation

Cool Down (200-400)

200-400 Choice