

Kicking 2: Rotational Kick Focus

Tools: KB

Warm Up (400)

Option1: Backstroke (BK) drills

Option 2: 400 FS as ↑ build ↓ easy

Drill Set (~800)

Vertical kicking: 4 x (45s kick + 25s rest)

Every 3rd kick is rotational

8 X 50 alternating:

Odds: Kicking w/KB – Rotate slightly ea. 3 kicks

Evens: FS easy – Focus on 3 kicks per arm stroke

Main Set – Focus on the Kick

6 X 200 +15s at moderate pace

Focus on 3 kicks per arm stroke (the 6-beat kick)

Cool Down (200-400) Easy FS or BK