

# 750

250 skips warm-up, backstroke & free drills, warm-down

## Warm-up (250m)

50 FREE with Fins

50 Kick with Fins

50 Aquaman with Fins

50 Freestyle Pull with the buoy

50 Backstroke with Fins

## Backstroke Drills

50 -Wave Drill

50 - Thumb out – Pinky in

50 - Double arm

## Freestyle Drills

50 - Catch-up with Red Sticks

50-Zipper

50 -Fingertip drag

25 -Monkey Drill

25 – Streamline Kick on tummy without a kickboard

## Warm-down

- 50 kick (choice)

- 50 swim (choice)

Group Work – 15 minutes on flip turns & starts.