

Whitewater Swimming

Backstroke Drill Workout

You can also use this set as a warm up or add it to another workout. Times are adjustable for different ability levels.

50 kick on back :10 seconds rest
50 kick on side :10 seconds rest
50 free :10 seconds rest
50 back :10 seconds rest

You can repeat this set if you wish for a longer workout or combine it with another workout. Take :10 seconds rest after each 50.

50 breaststroke kick on back with double arm backstroke pull drill - Keep your head back and chest up
50 6 kicks on your side, one pull backstroke drill
50 back with 5 fly kicks off each wall
50 back
200 back with fins

