Swim Workout #2

Category: Advanced

Workout Goal: Focus on Backstroke and Butterfly

- This workout focuses on Backstroke and Butterfly

Total Distance: 2700 yards

- 400 yards warm-up mixed strokes  
  (alternating crawl, backstroke and butterfly)
- 8 x 50 yards backstroke alternating lengths of kicking and pulling  
  (alternate 25 yards kicking with hands stretched above your head with 25 yards pulling with ankles crossed)
- 200 yards backstroke  
  (count 3 kicks per arm stroke)
- 8 x 50 yards butterfly alternating lengths of kicking and pulling  
  (alternate 25 yards kicking with hands stretched above your head with 25 yards pulling with ankles crossed)
- 200 yards butterfly  
  (focus on timing of pull and kick)

- 200 yards backstroke
- 200 yards alternating lengths of butterfly and backstroke
- 4 x 100 yards IM, resting :15 between

- 300 yards warm down mixed strokes  
  (mixing crawl, backstroke and butterfly)
Useful Information:

- 25 yards is one length of the pool
- You will practice both pulls and kicks for each stroke, then swim the strokes with a focus on timing
- Concentrate on your technique while you are swimming, don’t just daydream and go through the motions
- By thinking about your technique on the swim drills good form will become automatic for you.

Stay tuned for a new swim workout every week and visit our Aquatics page for online workouts and tutorials!

“Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.”

— Martin Luther King Jr.