



## Legal Notice

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Exercise		Intensity	Coaching Points	
Warm Up	6 lengths gentle swim	50% effort		<p style="text-align: center;"><b>The Backstroke Sequence</b></p>
Full Stroke	12 lengths full stroke	70% effort	Stretch body Ears in water	
Legs	Kick board (float) held behind the head or on chest. Continuous small kick 2 lengths, 15 seconds rest. <u>Repeat 4 times.</u>	100% effort	Toes pointed Kick from hip Toes breaking water surface.	
Arms	Kick board (float) held on chest with one arm. Single arm pull. Kick legs. 2 lengths, 15 seconds rest. <u>Repeat 4 times.</u> Change arms and repeat exercise	100% effort	Arms Straight Little finger enters first. Brush ear with upper arm.	
Arms	Kick board (float) or pull buoy held between Keep legs still, arms only. 2 lengths, 15 seconds rest. <u>Repeat 4 times.</u>	100% effort	Continuous arms. Pull towards thigh. Windmill action.	
Breathing	6 lengths full stroke Slow stroke emphasis on breathing.	60% effort	Breathe in as one arm exits water and out as it pulls.	
Full Stroke	16 lengths full stroke	70% effort	Continuous Stroke Relaxed Stretch body out.	
Cool down	6 lengths slow swim - any stroke			
Stretches				