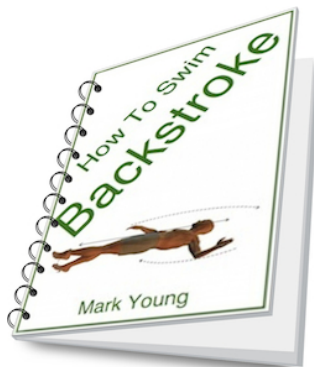


Backstroke Workout

Exercise		Intensity	Coaching Points
Warm Up	6 lengths gentle swim	50% effort	
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	Pull buoy held between legs. 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 Stretch		

The number of lengths and percentage effort can be changed to suit the swimmers ability.

All of the above exercises and teaching points are explained and illustrated in:



How To Swim Backstroke

Contains everything you need to fine-tune your basic backstroke technique.

Download it here:

<http://www.swim-teach.com/how-to-swim-backstroke.html>

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