



**Aim To develop Fr body position**

**WARM UP**

200 Fr EZ long plus max streamlining off walls

8x25 Fr Single Arm 1-4) left 5-80 right On :50  
Descend to max plus stroke count / reduce each arm

**MAIN SET**

6x50 Fr :30  
1) Steady - Bury head, water breaks over crown, relaxed neck  
2) Hard – plus note time - Lean on chest / release hips to surface  
3-5) Best time (BT) plus :05 - Rotate on axis ( Breathe with bellybutton)  
6) Beat BT!

**Fr Drill recovery**

4x50 25 Dr, Sw :20  
1) Catch up  
2) Single arm  
3) Fist  
4) Ripple

**MAIN SET 2**

4x100 Fr :20  
1) Steady - Bury head, water breaks over crown, relaxed neck  
2) Hard – plus note time - Lean on chest / release hips to surface  
3) Best time (BT) plus :05 - Rotate on axis ( Breathe with bellybutton)  
4) Beat BT!

**SWIM DOWN**

3x50 EZ choice On 1:30