

## **Workout of the Month - Breaststroke**

*By Bob Schmitz*

### **Breaststroke Practice:**

#### **Warm up**

50 free, 250 free kick, 250 breast on back, 250 Amanda\*, 150 free side kick

#### **Concentrate on keeping hips up this practice**

#### **Main Set**

5 x 100 breaststroke drill/swim by 25

4 x 100 free on 1:30 dps: 13, 14, 14, 15

3 x 100 breast strong on 2:00

2 x 100 free fast on 2:00

1 x 100 breast blast

2 x 50 breast cobra drill\*

2 x 25 breast blast

5 x 50 kick

200 cool down

#### **2 good breaststroke drills:**

\* **Amanda Drill:** 2kicks/1pull: breast pull with a dolphin kick followed by a breast kick

\* **Cobra Drill:** get shoulders way out of water with each pull- exaggerate height

