



<b>THE FINISH LINE</b> Break your personal speed limit with this mix of dryland exercises and technical drills.	2,150m Total	Increase Speed	60 Minutes	Intermediate
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Set	Exercise	Reps	Time	Instructions & Tips
<b>Dryland</b>	1	Pull-ups	3 x 8 Reps	Coach Tip: Vary your grip position to activate different muscle groups.
	2	Medicine Ball Slams	3 x 10 Reps	Plus backwards lunge
	3	Bicep Flicks	3 x 10 Reps	Against a wall or with a medicine ball
<b>Warm Up</b>	4	Freestyle Drill	3 x 100m	100 swim, 100 pull with Pull Buoy, 100 kick with Kickboard
<b>Main Set</b> x3	5	Backstroke & Freestyle	6 x 25m	@ 0:30 Fast backstroke into freestyle with a flip turn in the middle
	6	Backstroke Drill	2 x 75m	@ 1:30 25 double arm backstroke, 25 right arm, 25 left arm
	7	Drill	4 x 25m	@ 0:30 15m no breath freestyle into 10m fast tempo backstroke
<b>Second Set</b> x2	8	Freestyle & Backstroke	2 x 100m	@ 01:45 mins 25 kick, 50 backstroke swim, 25 kick
	9	Freestyle & Backstroke	1 x 75m	@ 03:00 mins 25 underwater kick, 50 backstroke swim