



## HIP FLEXION

Featuring a variety of kicking drills, this plan will enable you to focus on greater hip movement, meaning you'll feel the benefits in your butterfly and garland poses.

2,200

Total

Flexibility

60 Minutes

Intermediate

Set	Exercise	Reps	Time	Instructions & Tips
<b>Warm Up</b>	1	Freestyle Pull	4 x 200m	Take 30 secs rest between each. Coach Tip: Concentrate on a controlled hip rotation in line with your arms entering the water
<b>Main Set</b>	2	Breaststroke Kick	4 x 100m	Take 30 secs rest between each. Coach Tip: Focus on turning your feet out at the top of the kick
<b>Warm Down</b>	3	Freestyle	8 x 50m	Coach Tip: Long technique. Count strokes