

# **Competitive Swimming Practice Drill #4 - Kicking With A Board [Kindle Edition] By Elizabeth Amber Peebles**



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you. By using these plans you can develop a full swimming training program. Some of the workouts contain challenging swimming drills,

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Glossary of Swimming Terms Base Interval (BI) The base interval is the lane we practice in (e.g., the 1:20 lane) Drill . The drill set is an

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breathing patterns are the main focus of the drill. (For example: 4 x 100 To practice swimming at sprint four competitive swimming

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