

WORKOUT

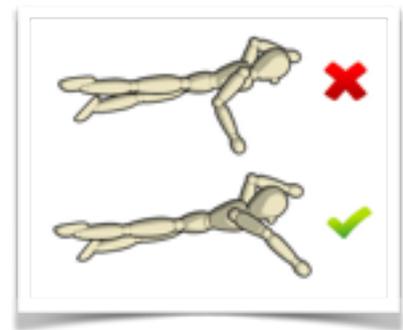
Summary

In this workout, we focus on the timing of your freestyle pull, to make sure that you always have a leading hand catching water. We're working on creating a smooth and efficient stroke. The main set includes some 100's pull and swim. Then we finish up with a little backstroke, for fun. :o) This is an arm-intensive workout, so be sure to stretch well. Have fun and please remember to give me feedback on the workout.

Sprint	Olympic
200 Warm Up	300 Warm Up
Stroke Work	
8 x 75 freestyle	12 x 75 freestyle
25 kick, 25 catch-up, 25 swim "almost catch up" 20 secs rest	
Consider doing the first four reps with fins on, to establish a good body position and focus on catch-up. Use a snorkel if you have one. See sidebar >>>	
Main Set	
2 x	3 x
2 x 100 freestyle pull – Interval: RP +20 2 x 100 freestyle swim – Interval: RP +30	
Try to keep these swims evenly paced. Settle into a good rhythm. Practice the "up-front" swimming we just worked on. Smooth.	
8 x 25 backstroke w/ 20 secs rest	12 x 25 backstroke w/ 20 secs rest
Don't bang your head. :o)	
200 Swim Down	300 Swim Down
Totals: 2000	3000

Essential Skill: Timing

The distance-freestyle arm motion is *not* windmill-like, where each arm is diametrically opposite to the other. Rather, a lead hand is always up front, "catching" the water.



Catch-up drill helps to exaggerate this "up-front" swimming by forcing the lead hand to pause until the hands meet. "Almost catch-up" simply drops the requirement for the hands to meet but discourages a return to windmilling.

Drill: Catch-Up

Establish a streamline body position with a strong kick and arms extended in front of you. Pull with one arm while the other remains extended in front of you. Don't pull with the other hand until the thumbs touch.