

WORKOUT

Summary

Today's stroke work set focuses on your arm recovery. While this phase does not add anything to your forward momentum, it can dramatically change a swimmer's underwater pull. Your hand's entry will naturally follow the trajectory of the arm recovery, so having a compact recovery rather than swinging your hand wide and across the water is preferable. The main set includes some negative split 400s.

Sprint	Olympic
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200 Warm Up

300 Warm Up

Stroke Work	
5 x 100 freestyle	8 x 100 freestyle
50 Thumb Up The Side drill , 50 swim – 15 secs rest	
Keep your elbow high on the swim. Think about swimming through a narrow tube. You can't swing your hand wide or high because you will hit the sides. See sidebar >>>	

Main Set	
3 x	4 x
400 freestyle swim negative split – Interval: RP +30 (75%)	
Negative split means that your second 200 should be faster than your first. You can stop for 5-10 secs between 200s to get your times.	

200 Swim Down

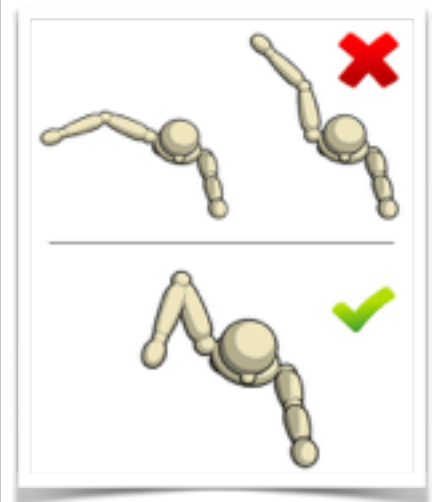
300 Swim Down

Totals: 2100

3200

Stroke Work: Arm Recovery

The path your arm takes over the water is important. It affects your hand-entry, which sets up the all-important underwater phase.



Be sure not to swing wide across the surface. This can cause you to "snake" through the water.

Drill: Thumb Up The Side

At the end of your underwater pull, place your thumb on your thigh. Start your arm recovery by bending your elbow and lifting it towards the sky. As you recover, keep your thumb touching your body, moving it up the hip and rib cage. Keep your arm relaxed and your elbow high.