

# WORKOUT

**Summary:**

This workout is designed to help you practice the full range of your underwater pull. It's common for swimmers to terminate a pull too early by lifting their hands out of the water without fully extending their arm. The result is a shortened pull. It should be remembered that it's the second half of the underwater pull that moves the swimmer through the water. Read the section on Pull in the *Essential Swim Skills for Beginner Triathletes* eBook, especially the comments on the "Push" and "Squeeze" phases. Have fun!

**Sprint**

200 Warm Up

**Olympic**

300 Warm Up

**Stroke Work**

6 x

8 x

100 freestyle -- 20 secs rest

Swim these 100s as 50 Water Flick drill / 50 swim. The Water Flick drill exaggerates the push through at the end of the underwater pull. On the second 50 of each, don't flick water but continue to practice pushing through to the end of your underwater pull.

**Main Set**

6 x

8 x

200 freestyle – 20 secs rest

odd: 100 pull / 100 swim  
even: 100 kick / 100 swim

Use your pullbouys on the first 100 of all odd 200s. Remember to focus on finishing your underwater pull, as you practiced in the last set. Use your kickboard on the first 100 of all even 200s.

200 Swim Down

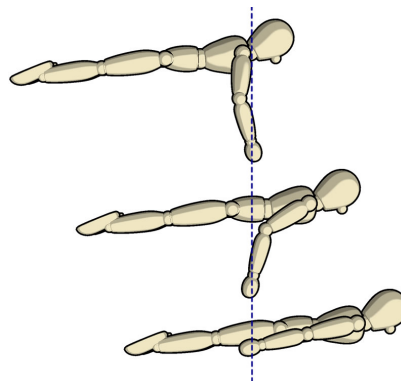
300 Swm Down

Toals: 2200 yds/m

3000 yds/m

**Skill: Pull (*Push & Squeeze*)**

Most of a swimmer's forward momentum comes from the last part of the underwater pull. This is when the swimmer "pushes" themselves forward (see image). At the same time, the lead hand is extended and ready to glide. (Lead hand not pictured.)



Many swimmers fail to extend their arms at the end of their pull. They cut short their underwater pull by lifting their arms out early.

**Drill: Water Flick**

At the end of each underwater pull flick water behind you. This exaggerates the arm extension and forces the swimmer to finish their underwater pull. Beware, when done properly, this is a triceps burner! Great exercise!