

# WORKOUT

Today we are working on the last phase of your underwater pull. This is important because it's the part of the pull that adds the most momentum. "Squeezing" the water towards your thigh pushes you through the water. But it's important that your lead hand is extended and ready to ride the momentum generated by the squeeze. Your triceps will get a workout here, so make sure they are stretched and ready to go.

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

8 x

12 x

50 freestyle - 15 secs rest  
(25 6 Beat Extension Drill / 25 Swim)

Use the 25 Extension Drill to practice reaching forward with the lead hand and squeezing the water behind you with your pulling hand. Pause after each stroke. Drop the pause on the 25 swim but continue to reach and squeeze. Consider using a snorkel, if you have one.

### Main Set

6 x

10 x

100 freestyle - 15 secs rest  
(25 Extended Dog Paddle / 75 swim build)

Use the first 25 to practice a long stroke. Reach with your lead hand. Push water back with your pulling arm. Build the 75 swim, maintaining a long stroke.

### Race Set

6 x

8 x

25 non-freestyle easy - 10 secs rest  
50 freestyle - 15 secs rest

Reduce your time on the 50 freestyle swims 1-3 (Sprint) and 1-4 (Olympic). Start slow and make each one faster Repeat twice.

200 Swim Down

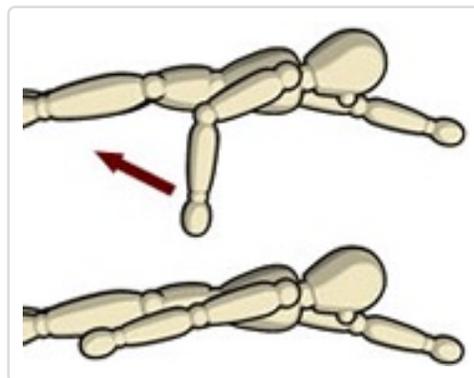
300 Swim Down

Totals: 1850

2800

### Skill: Pull - Squeeze

The final part of the underwater pull includes straightening the arm while pushing water backwards. This is often called "squeezing" the water. This motion, coupled with an extended lead arm generates most of the forward momentum. The motion resembles a tricep press.



### Drill: 6 Beat Extension

Pause at the end of each stroke, with the lead hand extended in front and pulling hand at your side. Hold for six kicks, then switch arms. As you switch, focus on getting good distance with your underwater pull, as you reach forward with the lead hand and squeeze water backwards with the pulling hand. Your body will rotate a little as you stretch.