

# WORKOUT

Workout #: W0005 | Essential Skill: Hand Entry - Reach Through

In today's workout we're focusing on how your hand enters the water at the beginning of each pull. A good pull starts with a good catch...and a good catch starts with a good hand entry. I see many beginner triathletes reach over the water before their hand enters. This is not good practice.

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

8 x

10 x

75 freestyle - 20 secs rest  
(25 Head Tap drill / 50 freestyle swim)

Practice reaching through the water. Also, make sure that you are reaching straight forward and not across your body.

### Main Set

3 x

5 x

200 freestyle -- 15 secs rest  
(100 pull / 100 swim)

Use pull buoys on the first 100. Watch your hands. Are there a lot of bubbles as you catch the water? Are you reaching through the water?

### Race Set

4 x

6 x

1 x 25 kick - 10 secs rest  
1 x 50 swim - 10 secs rest  
1 x 25 kick - 10 secs rest

Use a kick board for the 25s. Your choice of stroke. Mix strokes up, if you like.

200 Swim Down

300 Swim Down

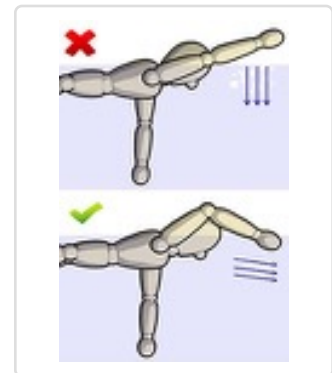
Totals: 2000

2950

## Skills

### Hand Entry - Reach Through

A good underwater pull starts with a correct hand entry. This means entering the water with a slightly-bent, high elbow. The hand enters in line with your shoulder. Reach through the water, to a spot 12-18 inches below the surface. Glide. Catch stable water. Avoid reaching over the water. Doing so kills the glide and catch. Reaching over the water forces the swimmer to rush the catch and brings air (bubbles) down into the catch zone.



## Drills

### Head Tap

Before entering the water tap your head with your thumb. This helps exaggerate reaching through the water on entry, rather than reaching over the water.