

# WORKOUT

Workout #: W0006 | Essential Skill: Body Position

Today we're working on your body position. This is the Essential Skill that can deliver the greatest improvements with the least amount of effort. Establishing a neutral body position can immediately reduce the amount of effort and increase speed at the same time. Experiment with various body positions during the Stroke Set. Maintain it under pressure in the Main Set. And practice it under race conditions in the Race Set. Have fun!

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

12 x

16 x

25 freestyle - 15 secs rest  
(12.5 Kick w/ Arms by Side / 12.5 freestyle)

Use a snorkel, if you have one. Experiment with body position. Search for neutral. Then add arms, keeping the body position.

### Main Set

6 x

8 x

100 freestyle build - 20 secs rest

Start each swim slow and get faster throughout the 100. Use the first 25 to establish a good body position. Maintain as you speed up.

### Race Set

8 x

12 x

50 freestyle -- 15 secs rest  
(4 Tarzan strokes each 25)

Each 25 lift your head and swim 4 Tarzan strokes -- each arm counts as 1 rep. Practice buoy spotting. Return to neutral body position.

200 Swim Down

300 Swim Down

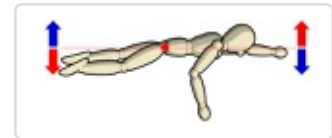
Totals: 1700

2400

## Skills

### Body Position

A good body position is an essential skill. Many swimmers find themselves "ploughing" through the water, with their legs much lower than their shoulders. A body suspended in water is like a seesaw. Pushing chest down and forward with float your legs higher. Think about swimming downhill. Find a neutral body position.



## Drills

### Kick w/ Arms by Side

Kick freestyle with arms by the side. To breathe, drop the left shoulder and turn head to the right. Keep the left ear in the water. Reverse for left breathing. Keep a strong kick and neutral body position

### Tarzan Swim

Lift the head and look forward while swimming freestyle, like a water polo player. Keep your head as steady as possible.