

# WORKOUT

Workout #: W0007 | Essential Skill: Kick

Today we are working on our kick. Even though you won't kick hard during your race, developing a good kick technique is a good skill to have. It helps balance your stroke. In the main set, we practice kicking on our side. This skills helps develop good body rotation. Freestyle kick can be a slow endeavor for many swimmers. Stick with it!

## Sprint

200 Warm Up

Stroke Set	
6 x	8 x
75 freestyle - 25 kick / 50 swim - 15 secs rest	
Use a kickboard, if you like. You can use fins for the first two repetitions.	

## Olympic

300 Warm Up

Main Set	
4 x	6 x
1 x 50 - 6 Beat Extension Drill - 10 secs rest 1 x 100 - freestyle swim - 20 secs rest	
Establish a strong kick on the 50s. Keep this kick on the 100s.	

Race Set	
6 x	8 x
50 - freestyle build - 15 secs rest	
Start each 50 slow. Get faster throughout the 50, so that the last few yards/meters are fast.	

200 Swim Down

300 Swim Down

Totals: 1750

2500

## Skills

### Kick

The freestyle kick is often described as a "whip" kick. It starts from the hips, then knees and feet. Think about kicking with both sides of the foot. Kick water down with the top of your foot and up with your sole. It's important to relax and maintain flexible hips, knees and ankles. Keep your legs long and loose.

## Drills

### 6 Beat Extension

Freestyle kick with one arm extended upfront and the other by your side. Count to six, then switch arms by pull with the lead arm and recover over the water with the other. Repeat.