

WORKOUT

Workout #: W0008 | Essential Skill: Timing - Upfront Swimming

This workout focuses on stroke timing. When you see a swimmer effortlessly gliding across the pool, taking half as many strokes as everyone else, they probably have great stroke timing. Their lead hand stays extended while the other arm recovers over the water. We call this "Upfront" swimming. The main set adds some speed, while practicing upfront swimming. Have fun!

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

8 x

12 x

50 freestyle (25 catch-up, 25 swim) - 10 secs rest

Use the catch up drill to focus on upfront swimming.

Main Set

6 x

10 x

25 hesitation drill - 10 secs
75 build - 20 secs

Get faster throughout the 75. Continue focusing on upfront swimming. Glide. Get good distance per stroke.

Race Set

12 x

16 x

25 even freestyle, odd non-freestyle - 15 secs rest

Make the first freestyle rep slow, then get faster each time. Make the first non-freestyle fast, then get slower each time.

200 Swim Down

300 Swim Down

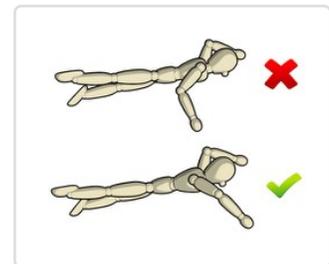
Totals: 1900

2800

Skills

Timing - Upfront Swimming

The distance-freestyle arm motion is not windmill-like, where each arm is diametrically opposite to the other. It's true that arms are opposite when the lead hand reaches forward and the pulling hand pushes backward, i.e. at the beginning and end of a pull. But, as the pulling arms recovers over the water, the lead hand remains upfront. It remains extended to glide and catch water.



Drills

Catch-Up

Establish a streamline body position with a strong kick and arms extended in front of you. Pull with one arm while the other remains extended in front of you. Don't pull with the other hand until the thumbs touch.

Hesitation

As your recovery hand passes your shoulder, pause for 2 secs. Keep the lead hand stretched in front. Then continue with the recovery hand and start pulling with the lead hand at the same time. Repeat.