

WORKOUT

Workout #: W0010 | Essential Skill: Hand Entry - Reach Forward

Today we're working on a very common issue for beginner triathletes. When your hand enters into the water, you should reach forward and avoid reaching across your body. The hand can often cross the central body line when the swimmer rolls their body or turns their head to breathe. If you have a lane to yourself and it has a line down the center, consider using it as a guide.

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

6 x

8 x

25 Hesitation drill - 10 secs rest
50 freestyle swim - 15 secs rest

If you have a snorkel, use it on this set. Watch your hands. Make sure that they are reaching forward and not across your central body line.

Main Set

4 x

6 x

25 Tarzan Drill - 10 secs rest
50 freestyle breathe every 3 or 5 - 15 secs rest
75 freestyle build - 20 secs rest

Use the Tarzan drill to watch your hand entry from above and the 50 to watch from below. Keep the technique as you build the 75.

Race Set

4 x

6 x

25 freestyle - slow
25 freestyle - 1/2 fast, 1/2 slow
25 freestyle - fast

Take 10 secs rest between each 25

200 Swim Down

300 Swim Down

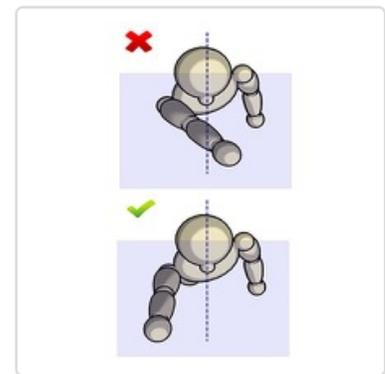
Totals: 1750

2550

Skills

Hand Entry - Reach Forward

When your hand enters the water, it's important to reach forward and not across. Imagine a central bodyline running down the middle of your body. Your hands should stay on their own side. Reaching across this line at any time during the pull causes issues. Be aware that it's quite common for a swimmer to breach the central body line when they roll their body or turn their head to breathe.



Drills

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.

Tarzan Swim

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