

WORKOUT

Workout #: W0011 | Essential Skill: Pull - Push

Throughout this workout, I want you to focus on creating a powerful pull. This means anchoring your hand into the water, then using it to pull your body forward. Remember, when you have an efficient freestyle stroke, your hand doesn't move through the water....you do. Your hand stays where you anchored your hand. Think about getting good distance per stroke.

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

8 x

12 x

50 freestyle pull - 15 secs rest

Use a pull buoy and snorkel, if you have them. Focus on creating a powerful pull. Push and squeeze the water at the end of your stroke.

Main Set

4 x

6 x

1 x 50 freestyle golf drill - 20 secs rest
1 x 100 freestyle build - 30 secs rest

Make sure you don't start spinning your arms as you increase the speed during the 100.

Race Set

4 x

6 x

25 left arm, 25 right arm, 50 swim freestyle - 10 secs rest

If you want to use a snorkel on the set, go for it! Keep an eye on the path your hand is taking under the water.

200 Swim Down

300 Swim Down

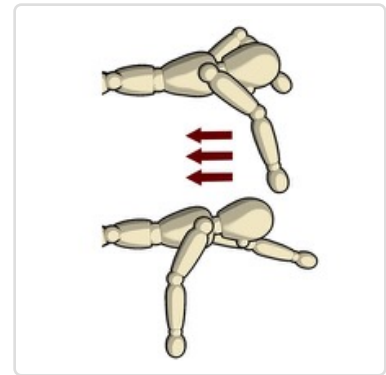
Totals: 1800

2700

Skills

Pull - Push

As your pulling hand passes past your shoulder line, your focus should switch from pressing on the water to pushing water towards your feet. If you have kept a high elbow -- as you should -- you are pushing water with your hand and forearm. It's this push with acceleration that generates momentum.



Drills

Golf

Count the number of single arm strokes you take during the swim. Add your stroke count to your time for the swim. That's your golf score! Reduce the score by going faster and/or taking fewer strokes.

Single Arm Drill

Use only one of your arms. Keep the other extended in front of you. Breathe to the pulling side. Push and squeeze the water and glide on the non-pulling arm.