

WORKOUT

Workout #: W0009 | Essential Skill: Arm Recovery - Low

Today we're working on keeping a low arm recovery. You want to avoid reaching high and tracing a rainbow with your hand. Keep a relaxed arm as you recover over the water. The main set focuses on a related skill. We use Head Tap drill to focus on reaching through the water on entry.

Sprint

200 Warm Up

| Stroke Set | |
|---|-----|
| 4 x | 6 x |
| 100 freestyle (25 Thumb-Up-Side drill, 25 Swim) - 10 secs rest | |
| If you can, try to alternate your breathing side, i.e. every three strokes. | |

Main Set

| | |
|--|-----|
| 2 x | 3 x |
| 300 freestyle (25 Head Tap drill, 75 swim) - 30 secs rest | |
| Use a snorkel for the first 300. Watch your hand enter the water and reach forward 12-18 inches below the surface. | |

Race Set

| | |
|---|-----|
| 3 x | 4 x |
| 100 freestyle - 20 secs rest | |
| Build each 100. Start slow and get faster, until your last 1/2 length is sprinting. | |

200 Swim Down

300 Swim Down

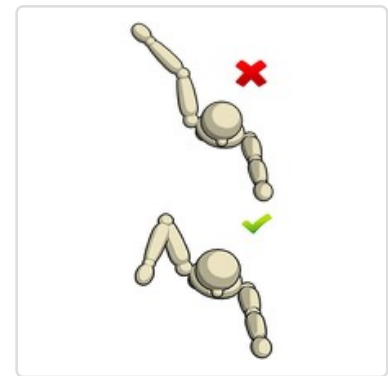
Totals: 1700

2500

Skills

Arm Recovery - Low

The path that your arm takes as it recovers over the water is important. This path will affect how your hand enters the water. A swimmer who takes a high arc with their hand is likely to reach over the water rather than through the water when their hand enters. In turn, this compromises the all-important catch. With a relaxed arm, throw the hand forward, not up and over.



Drills

Thumb Up The Side

At the end of your underwater pull, place your thumb on your thigh. As you recover your arm over the water, keep your thumb touching your body, moving it up the hip and rib cage. Keep your arm relaxed and

Head Tap

Before entering the water with your hand tap your head with your thumb. This encourages you to reach through the water on entry, rather than reaching over the water.