

# WORKOUT

Workout #: W0012 | Essential Skill: Timing - Upfront Swimming

If your goal is to have a smooth and relaxed stroke, then arm timing is extremely important. In the eBook, we introduced you to "upfront swimming" or the idea of always having a lead hand upfront. This workout is designed to practice that skill. I hope you enjoy it!

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

4 x

6 x

100 freestyle (50 catch-up drill 50 swim) - 30 secs rest

Make sure your thumbs touch on the catch-up drill. Then, adjust the timing on the swim so that your thumbs \*almost\* catch up

### Main Set

3 x

5 x

100 freestyle pull - 20 secs rest  
100 freestyle swim - 20 secs rest

Use a snorkel, if you have one. Watch your hands and make sure you can always see on ahead of you.

### Race Set

12 x

16 x

25 freestyle swim - 15 secs rest

Count your strokes. Take as few as you can for the length. Practice upfront swimming. GLIDE!

200 Swim Down

300 Swim Down

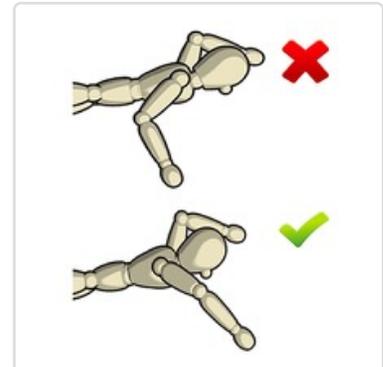
Totals: 1700

2600

## 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 the freestyle 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.