

# WORKOUT

Workout #: W0013 | Essential Skill: Timing - Glide

This workout is all about GLIDING! We're practicing a smooth stroke, where the lead hand stays extended while the back hand push forward, This skill often conjures images of skaters, where the skater's back foot pushes them forward while their front foot is planted, ready to glide and make the most of each push forward.

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

6 x

8 x

75 freestyle (25 6-Beat Extension drill, 50 freestyle swim) - 20 secs rest

When doing the 6 Beat Extension drill, be sure to keep the lead arm extended while the other recovers and takes over as the lead arm.

### Main Set

3 x

5 x

200 freestyle - 20 secs rest

Stretch with the lead hand and squeeze with the pulling hand. Think about getting as much distance per stroke as you can.

### Race Set

6 x

8 x

50 Freestyle Golf Drill - 30 seconds rest

There's plenty of rest here to add your time and stroke count. Get your score down!

200 Swim Down

300 Swim Down

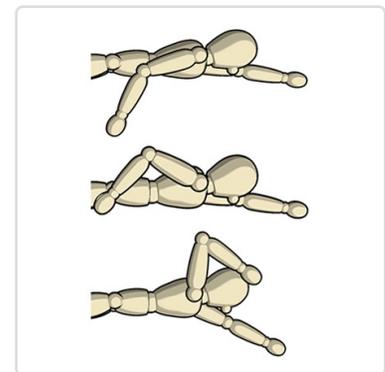
Totals: 1750

2600

## Skills

### Timing - Glide

As the pulling arm is creating forward momentum -- by pushing and squeezing the water -- the lead arm is extended, riding this momentum. The front arm remains out front -- gliding -- as the pulling arm recovers over the water. The freestyle timing is similar to a skater, where the back foot creates forward momentum while the lead foot remains planted, ready to glide.



## Drills

### 6 Beat Extension

Freestyle kick with one arm extended upfront and the other by your side. Count to six, then switch arms by pull with the lead arm and recover over the water with the other. Repeat.

### 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.