

# WORKOUT

Workout #: W0014 | Essential Skill: Hand Entry - Reach Through

We're focusing on your hand entry today. It's important to reach through the water, not over. The Stroke Work uses Head-Tap Drill to practice a high-elbow entry. The Main Set uses some pull, so you can continue to focus on good hand-entry form. We'll wrap up with some speed play during the Race Set. Consider reviewing Section 4 of the eBook before this workout. Hope you enjoy it!

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

4 x

6 x

100 freestyle (alternate 25 Head Tap Drill / 25 swim) - 20 secs

Enter with a bend elbow. Reach to 12-inches below the surface.

### Main Set

4 x

6 x

50 freestyle pull - 10 secs  
100 freestyle swim - 20 secs

Use pull buoys on the pull and a snorkel on the first 2/3 reps. Watch your hand. Try to minimize bubbles on entry.

### Race Set

12 x

16 x

25 freestyle - 20 secs rest

Descend the swims 1-4. So, #1 is slow, #2 medium, #3 fast, #4 sprint. Repeat.

200 Swim Down

300 Swim Down

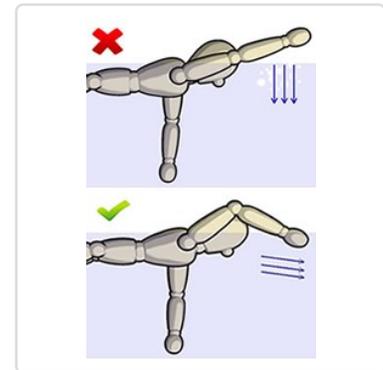
Totals: 1700

2500

## Skills

### Hand Entry - Reach Through

Many swimmers try to reach over the water before their hand enters the water. The swimmer that does this ruins their catch. Not only does it kill their ability to glide, but it also brings air into the catch area. With a bent elbow, enter the water with your hand and reach through the water, not over. Reach forward to a spot around 12 inches below the surface. Glide. Catch ahold of the water.



## Drills

### 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.