

WORKOUT

Workout #: W0015 | Essential Skill: Timing - Glide

Throughout this workout, we're focused on reaching and gliding. As you probably know by now, I like to use analogies. Imagine you have ropes tied to your wrists. When your hand enters the water, someone sitting underneath the water pulls the other end of the rope, causing you to reach through the water to around 12-inches deep. This also causes your shoulders and upper body to rotate slightly. Hope it helps.

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

8 x

12 x

50 freestyle (25 6-Beat Extension drill / 25 swim) - 15 secs rest

If kicking is an issue for you and you want to use fins, that's fine.

Main Set

6 x

10 x

100 freestyle (25 Extended Dog Paddle / 75 swim) - 20 secs rest

Ext. Dog Paddle is a hard drill. Stick with it. Reach forward. Squeeze backward.

Race Set

3 x

4 x

100 freestyle build - 20 secs rest

Build each 100. Start slow and get faster. The last length is fast.

200 Swim Down

300 Swim Down

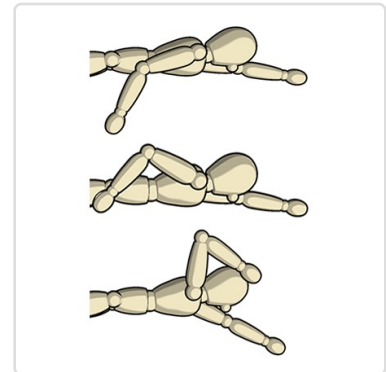
Totals: 1700

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.

Extended Dog Paddle

Swim freestyle but recover underneath the water, not over the water. Focus on reaching forward with the lead hand and backward with your pulling hand. Let your body rotate but keep your head still.