

WORKOUT

Workout #: W0016 | Essential Skill: Pull - Catch

Today we're focused on the "catch." Review pages 12-14 in the eBook and think about the ladder analogy described there. The Stroke Set uses "single arm drill" to help you focus on the catch. The Main Set is designed to keep you moving. There's not much rest, so pace yourself. The Race Set practices spotting the buoy and retuning to a neutral body position. Have a great workout!

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

4 x

6 x

100 freestyle (50 Single Arm Drill / 50 Swim) - 20 secs rest

Swim 25 left arm and 25 right arm on the 50 single arm drill.

Main Set

3 x

5 x

200 freestyle (100 pull / 100 swim) - 10 secs rest

Keep moving and pace yourself. Short rest. Use a pull buoy for the pull. Establish a good catch, then maintain on the swim.

Race Set

12 x

16 x

25 freestyle - 10 secs rest

Two times during each length, do three tarzan strokes. Then return to a good body position.

200 Swim Down

300 Swim Down

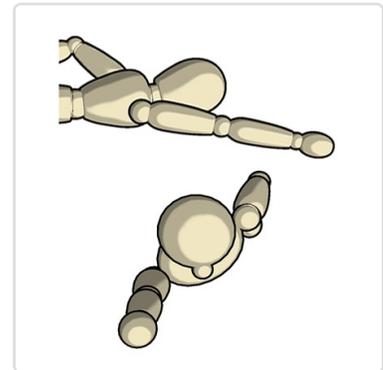
Totals: 1700

2600

Skills

Pull - Catch

Each underwater pull starts with a "catch." This means reaching through the water, gliding and "anchoring" your hand into stable water. From this point, your objective is to keep your hand in the spot while your body moves through the water. Exploring different hand pitches can help improve your catch. Don't rush the catch.



Drills

Single Arm Drill

Use only one of your arms. Keep the other extended in front of you. Breathe to the pulling side. Push and squeeze the water and glide on the non-pulling arm.

Tarzan Swim

Lift the head and look forward while swimming freestyle, like a water polo player. Keep your head as steady as possible.