

WORKOUT

Workout #: W0017 | Essential Skill: Timing - Upfront Swimming

This workout is designed to practice breathing at the right time. It's important that your opposite arm is extended as you turn your head to breathe. If your arm has already started pulling -- instead of reaching and gliding -- you will mostly likely have to rush your breath. We have quite a bit of catch-up drill in this workout because it helps exaggerate the timing.

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

6 x

8 x

75 freestyle (25 board catch up / 50 swim) - 20 secs rest

Turn your head to breathe as soon as you let go of the board. Use fins, if you struggle with your kick.

Main Set

6 x

10 x

100 freestyle (25 left arm, 25 right arm, 50 swim) - 10 secs rest

Do half the reps with pull buoys, then the rest without. Continue thinking about "almost catch-up" on the 50 swim.

Race Set

12 x

16 x

25 freestyle swim (descend 1-4) - 15 secs rest

Try to swim 1-2 seconds faster on each of the 4 25s. Then repeat.

200 Swim Down

300 Swim Down

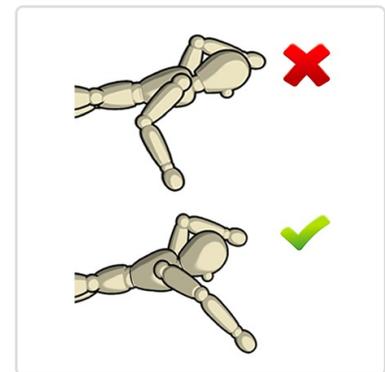
Totals: 1750

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

Board Catch-Up

Hold a kick board with fingers. Arms extended. Face in the water, look down. Kick 3 secs then pull w/one arm. Turn your head to breathe at the same time. Recover to the board. Repeat w/the other arm.

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.