

# WORKOUT

Workout #: W0018 | Essential Skill: Hand Entry - Reach Through

This workout will help you practice your hand entry. Dropping your hand into the water doesn't seem like a difficult or important skill. But a good hand entry sets up a good catch. And a good catch is essential for efficient swimming. With a high elbow and a neutral hand position, enter the water fingertips first in front of your shoulder. Then reach to 12-inches below the surface and glide.

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

8 x

12 x

50 freestyle (25 head tap drill / 25 swim) - 10 secs rest

Occasionally check your hand entry, underwater. Eliminate bubbles as much as you can.

### Main Set

4 x

6 x

1 x 50 freestyle pull w/buoy - 10 secs  
1 x 100 freestyle swim - 10 secs

Use a snorkel on 1/2 the reps. Continue to focus on hand entry.

### Race Set

3 x

4 x

100 freestyle - 10 secs rest

Don't touch the wall at the end of the pool. Just swim a u-turn and keep going.

200 Swim Down

300 Swim Down

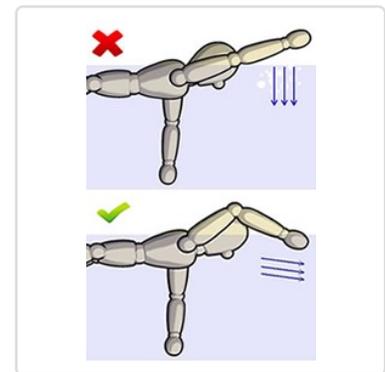
Totals: 1700

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.