

WORKOUT

Workout #: W0019 | Essential Skill: Pull - Press

This workout is designed to practice the press phase of the pull. It's part of the all-important catch. Throughout this workout, keep in mind that you want to use your hand and your forearm as a paddle. To do this, you must keep a high elbow when beginning your pull. Dropping the elbow means you will "slip" the water. Have fun!

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

8 x

12 x

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

Fist swim is tough. Hang in there. Keep thinking about using your forearms when you start using your hands.

Main Set

8 x

12 x

75 freestyle (25 pull / 50 swim) - 10 secs rest

Use a pull buoy on the 25.

Race Set

6 x

8 x

50 Freestyle Golf Drill - 30 seconds rest

There's plenty of rest here to add your time and stroke count. Get your score down!

200 Swim Down

300 Swim Down

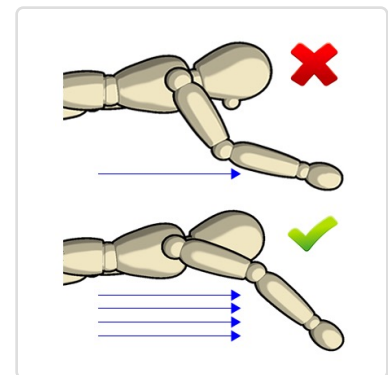
Totals: 1700

2500

Skills

Pull - Press

The freestyle pull starts with you "catching" the water. Next, you "press" down on the water slightly with your hand while keeping a high elbow. By pressing down with a high elbow, you are positioning your hand and forearm to be used as a paddle. Failing to keep the elbow high reduces the amount of pulling surface area.



Drills

Fist Swim

This drill simply asks the swimmer to make a fist with their hand. By doing this, the swimmer must use their forearms effectively to gain momentum. This drill is effective on all strokes. Swimming while gripping tennis

Golf

Count the number of single arm strokes you take during the swim. Add your stroke count to your time for the swim. That's your golf score! Reduce the score by going faster and/or taking fewer strokes.