

# WORKOUT

Workout #: W0020 | Essential Skill: Kick

Let's work on our kick! (Did I hear a few groans..?) Keep in mind that we'll kick our legs MUCH harder and faster during this workout than you need to during your race. During the swim leg, you should mostly use your legs for balance and conserve them for the bike and run. But, it's helpful to practice the correct kick technique. Plus, it's good cross-training for your legs.

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

6 x

8 x

75 freestyle (25 kick with arms by side / 50 swim) - 20 secs rest

Use a snorkel, if you have one. Kick and establish a good body position.

### Main Set

3 x

5 x

200 freestyle (25 6 Beat Extension drill / 75 swim. Repeat.) - 30 secs rest

Be sure to reach on the 6 best ext. drill. Let your body roll slightly so you are kicking at a slight angle.

### Race Set

6 x

8 x

50 - freestyle build - 15 secs rest

Start each 50 slow. Get faster throughout the 50, so that the last few yards/meters are fast.

200 Swim Down

300 Swim Down

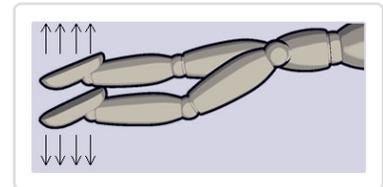
Totals: 1750

2600

## Skills

### Kick

The freestyle kick is often described as a "whip" kick. It starts from the hips, not the knees. Think about kicking with both sides of the foot. Kick water down with the top of your foot and up with your sole. It's important to relax and maintain flexible hips, knees and ankles. Keep your legs long and loose. Make small kicks, without lifting your foot out of the water.



## Drills

### Kick w/ Arms by Side

Kick freestyle with arms by the side. To breathe, drop the left shoulder and turn head to the right. Keep the left ear in the water. Reverse for left breathing. Keep a strong kick and neutral body position

### 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.