

WORKOUT

Workout #: W0021 | Essential Skill: Hand Entry - Reach Forward

In this workout, we focus on "reaching forward" when the hand enters the water. We use Head Tap and Zipper drills. Both are designed to influence the trajectory of your hand entry. The race set includes some build swims, where you make each swim consecutively faster. Be sure to continue reaching forward as you add speed to your stroke. Have fun!

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

4 x

6 x

100 freestyle - (50 Head Tap drill, 50 swim) - 20 secs rest

Focus on reaching forward. Avoid reaching across your central body line.

Main Set

3 x

5 x

50 Zipper Drill - 10 secs rest
50 Pull - 10 secs rest
100 Swim - 15 secs rest

Continue focusing on reaching forward, not across. Use pull buoys on the pull.

Race Set

8 x

12 x

50 freestyle - (build 1-4) - 20 secs rest

#1 should be the slowest; #4 the fastest. Repeat.

200 Swim Down

300 Swim Down

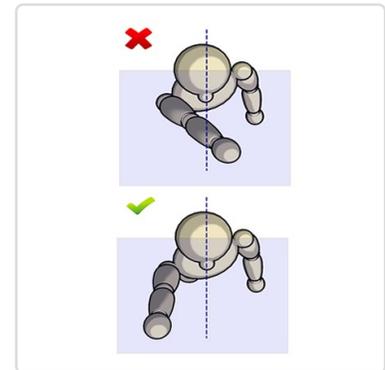
Totals: 1800

2800

Skills

Hand Entry - Reach Forward

When your hand enters the water, it's important to reach forward and not across. Imagine a central bodyline running down the middle of your body. Your hands should stay on their own side. Reaching across this line at any time during the pull causes issues. Be aware that it's quite common for a swimmer to breach the central body line when they roll their body or turn their head to breathe.



Drills

Head Tap

Before entering the water with your hand, tap your head with your thumb. This encourages you to reach forward and through the water on entry, rather than reaching over the water.

Zipper Drill

At the end of your pull, place your thumb on your thigh. As you recover your arm over the water, keep your thumb touching your body, moving it up your torso. Keep your arm relaxed and your elbow high.