

WORKOUT

Workout #: W0022 | Essential Skill: Body Position

Finding the right body position can be a true moment of enlightenment. Everything starts fitting into place when your body position is right. We'll use a kick drill during the Stroke Work Set and then some pulling in the Main Set. Throughout this set explore various body positions. Small adjustments can make a huge difference. Be sure to read the Skill & Drill comments below. Have fun!

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

4 x

6 x

25 Kick w/ Arms by Side drill -- 10 secs rest
75 freestyle swim -- 10 secs rest

Use a snorkel, if you have one. The kick isn't a fast drill. Just establish a good body position, then maintain and add arms.

Main Set

6 x

10 x

100 freestyle (50 pull, 50 swim) - 10 secs rest

Use pull buoys on the 50 pull. Find a neutral body positions. Think about swimming downhill.

Race Set

12 x

16 x

25 even freestyle, odd non-freestyle - 15 secs rest

Make the first freestyle rep slow, then get faster each time. Make the first non-freestyle fast, then get slower each time.

200 Swim Down

300 Swim Down

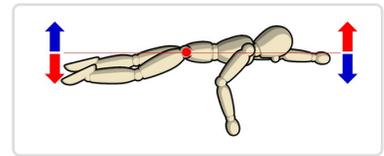
Totals: 1700

2600

Skills

Body Position

A good body position is an essential skill. Many swimmers find themselves "ploughing" through the water, with their legs much lower than their shoulders. This can be fixed by adjusting the body position. A body suspended in water is like a seesaw. Pushing your chest down and forward will float your legs higher. Don't bury your head, though. Think about swimming downhill. Find a neutral body position.



Drills

Kick w/ Arms by Side

Kick with both arms by side. Practice long legs and kick from the hip. Make knees and ankles relaxed and flexible. Strong core. Find good body position. Turn or lift head to breathe.