

WORKOUT

Workout #: W0023 | Essential Skill: Timing - Upfront Swimming

In this workout, we're practicing Upfront Swimming, a.k.a Front Quadrant Swimming. (See the description in the sidebar below.) Upfront Swimming is key to a smooth, relaxed stroke. The Main Set uses a pull buoy and snorkel, so that you can isolate your timing without thinking about kicking or turning your head to breathe. If you don't have this equipment, don't worry. Just swim. Stretch out your stroke. Relax.

Sprint

200 Warm Up

Olympic

300 Warm Up

Stroke Set

4 x

6 x

50 Catch-Up drill -- 10 secs rest
50 freestyle swim -- 15 secs rest

On the 50 swim, just back off the timing a little. In other words, almost catch-up.

Main Set

6 x

8 x

75 freestyle pull -- 5 secs rest
50 freestyle swim -- 15 secs rest

Use a pull buoy on the 75s. If you have a snorkel, use it for a few. Are your hands almost catching up?

Race Set

3 x

4 x

100 freestyle - 20 secs rest

Build each 100. Start slow and get faster, until your last 1/2 length is sprinting.

200 Swim Down

300 Swim Down

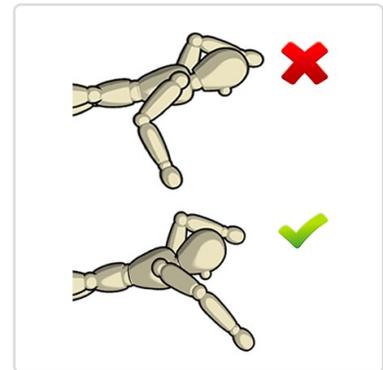
Totals: 1850

2600

Skills

Timing - Upfront Swimming

The distance-freestyle arm motion is not windmill-like, where each arm is diametrically opposite to the other. It's true that the freestyle arms are opposite when the lead hand reaches forward and the pulling hand pushes backward, i.e. at the beginning and end of a pull. But, as the pulling arm recovers over the water, the lead hand remains upfront. It remains extended to glide and catch water.



Drills

Catch-Up

Start with arms extended and a strong kick. Pull with one arm while the other remains extended in front of you. Don't pull with the other hand until the thumbs touch.