

Breakwater Workout Workout 3: Early Vertical Forearm Anchor

Breakwater Sports

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www.breakwatersportstraining.com

Warm Up / Review

Remember good posture at start of each drill. Begin with fins:

- 1 x 50 Back Balance
- 1 x 50 Back Balance Arm Extended (1 length each arm)
- 1 x 50 Side Balance with Swimming Breathing (1 length each side)
- 3 x 25 Corkscrew – at end, remove fins, stay in deep end
- 5 x 45 seconds vertical kicking, 15 seconds rest
- 2 x 50 Fingertip Drag

Egg Spinning (an awareness exercise)

In the shallow end, take a deep breath and hold it, then grab your knees and become an egg (face down). Release one arm, and perform a number of exercises to move your body in circles (remember to hold your breath):

- Use just your hand to spin your body.
- Use your hand and your forearm.
- Now start thinking differently. Instead of thinking about pushing water with your hand and forearm, think about holding a spot in the water with your hand and forearm, and using your powerful core (your pecs and lats) to move your body around that spot.

This is what stroking is about: holding a spot in the water and lifting your body over that spot. It is not about pushing water around.

Hand-Forearm Paddling

In the shallow end: stand and bend at the waist, alternately extend one arm forward and pull your hand straight back along an invisible (straight) track. Rotate your hips, so that you get a longer stroke. When that becomes comfortable, get the rest your paddle into the water (your forearm). Keep your wrist as straight as possible. Point your fingertips down. ALWAYS keep your elbow higher in the water than your hand.

Kickboard Paddling

Use fins. This is a one-arm drill. Hold the kickboard out in front of you with one arm, and paddle with the other. Keep your head out of the water and watch your stroking arm. Kick gently. Switch arms every length. Watch your hand and focus setting your anchor out front, and then pulling your body over that anchor.

Underwater Recovery Freestyle

Start in side balance. This is basically like swimming freestyle without ever taking your hands out of the water. At the end of each stroke, recover your hand by bringing it forward right along your body. Set your anchor by getting your hand under the elbow as soon as possible. Use normal swimming breathing if possible.

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Sample Practice Session Following Workout 3

About 45 minutes (as often as possible) – this is all low intensity work to train balance and the high-elbow recovery movement.

- **Bottom Float:** Relax on the bottom – get your body *and your mind* into the water.
- **Vertical Kicking:** Five minutes: each minute kick for 45 seconds and rest for 15. Kick in 3s and rotate body one-quarter turn every third kick.
- **Front Float:** Five minutes. At first, use a foam noodle to support your feet. When you can do it, kick away the noodle and remain balanced at the surface. When balance at the surface becomes comfortable, challenge your balance by moving arms apart and back together, then legs apart and back together. Try to relax every muscle in your body that you are not using to balance in the front float position.
- **Posture and Balance Drills:** Rest at each wall and get re-focused. The number of yards you complete are not at all important at this point. Retraining your neuromuscular system is what counts. Use fins:
 - **Back Balance:** Two minutes.
 - **Side Balance:** Five minutes – practice swimming breathing on each side.
 - **360° Balance:** Five minutes.
- 2 x 50: Fingertip Drag Single Stroke (Corkscrew) – Use fins
- 2 x 50: Fingertip Drag - No fins
- 5 x 50: Kickboard Paddling – Use fins
- 5 x 50: Underwater Recovery Freestyle – No fins