

## Warm Up / Review

Review balance drills. Begin with fins:

- 1 x 50 Back Balance
- 1 x 50 360° Balance (arms at sides)
- 1 x 50 Side Balance Head Up (1 length each each side)
- 1 x 50 Side Balance Head Down with Swimming Breathing (1 length each side)
- 2 x 50 One-Arm Kickboard Paddling (switch arms each length)
- 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
- 2 x 50 Underwater Recovery Freestyle

## Skating Drills

These are all freestyle swimming drills. Imagine you are skating or cross-country skiing. Those sports require connected, whole-body movements and provide propulsion through subtle shifts in balance. In swimming, those balance shifts happen with both hands out front.

- 4 x 50 Focus on setting your blade (your hand and forearm) and then pushing off out front.
- 4 x 50 Focus on gliding onto your recovering blade (the recovering arm) just as you push off.
- 4 x 50 Snap your hip and glide onto your recovering side (not just your hand and arm).

## Kayaking Drills

More freestyle swimming drills. Imagine you are kayaking.

- 4 x 50 Focus on setting your blade (your early vertical forearm catch) and then simultaneously pulling on the lower end of the shaft (with your stroking arm) while pushing on the top of the shaft (with your recovering arm).
- 4 x 50 Snap your hip to initiate the pull-push on the shaft.

## Sample Practice Session Following Workout 4

About 45 minutes (as often as possible) – this is all low intensity work to train and coordinate the movements in the front quadrant.

- **Bottom Float:** Relax on the bottom – get your body *and your mind* into the water.
- **Vertical Kicking:** No fins. Five minutes, 45 seconds kick, 15 seconds rest; kick in 3s and rotate body ¼ turn every 3rd kick.
- **Posture and Balance Drills**
  - 2 x 50 Back Balance (with fins)
  - 2 x 50 Side Balance (with fins)
- **Recovery and Catch Drills**
  - 2 x 50: Fingertip Drag Single Stroke (Corkscrew) – Use fins
  - 2 x 50: Kickboard Paddling – Use fins, remove at end for remainder
  - 5 x 50: Fingertip Drag (no fins from this point on)
  - 5 x 50: Underwater Recovery Freestyle
- **Swimming Drills**
  - 4 x 50: Skating focus on setting blade out front and pushing off (also out front)
  - 4 x 50: Skating focus on gliding onto the recovering blade as it extends forward
  - 4 x 50: Kayaking focus on planting blade, and then simultaneously pulling on bottom and pushing on top of shaft
  - 4 x 50: Kayaking or Skating - Snap your hip to initiate the balance shift
- **Warm Down**
  - 4 x 50: Relaxed kayaking or skating (your choice)