

Warm Up / Review

Begin in the deep end (no fins): 6 x 45 seconds vertical kicking, 15 seconds rest

Use Fins

- 1 x 25, 1 x 50 Back Balance
- 1 x 50 360° Balance (arms at sides)
- 2 x 50 Backstroke Rotational Kicking Drill (arms at sides)
- 2 x 50 Freestyle Rotational Kicking Drill (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)

Remove fins:

- 2 x 50 Underwater Recovery Freestyle
- 2 x 50 Fingertip Drag

Main Sets: Hips

On the 25s, focus on performing the drill perfectly. Always rotating hips to vertical on both sides. The 25s are at a very relaxed pace. On the 50s, focus on maintaining the “feel” experienced during the 25s. The 50s are with a little more rhythm, flow, and intensity.

Repeat the main set three times with the focus below:

- 4 x 25 Freestyle
- 2 x 50 Freestyle

Hip focus for each repeat:

1. Get your hip out of the way of your stroking hand.
2. Hip drives the recovering arm forward (focus on the connection between the hip and arm on the “recovery” side of body).
3. Hip snaps as the pull begins (focus on the connection between the arm on the “stroking” side of the body).

Sample Practice Session Following Workout 4

About 45 minutes (as often as possible) – Low intensity work to train hip rotation at the surface.

- **Bottom Float:** Relax on the bottom – get your body *and your mind* into the water.
- **Vertical Kicking:** No fins. Six minutes, 45 seconds kick, 15 seconds rest; kick in 3s, rotate body $\frac{1}{4}$ 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**
 - 5 x 50: Fingertip Drag (no fins from this point on)
 - 5 x 50: Underwater Recovery Freestyle
- **Swimming Drills (no fins)**
 - 4 x 50: Hip focus: Get the hip out of the way of the stroking hand
 - 4 x 50: Hip focus: Hip snap drives the recovering arm forward
 - 4 x 50: Hip focus: Hip snaps as the pull begins
 - 4 x 50: Just swim, feeling hips rotating to the surface on each side
- **Warm Down**
 - 4 x 50: Relaxed kayaking or skating (your choice – remember last week?)