

Lesson Focus: High Elbow

Warm-Up

Full rest between repeats. Repeat twice:

2 Laps: Easy freestyle

1 Lap: Kick on your side, facing outside window on each length

Video

Underwater one length, above water one length – swim a little faster than usual

High Elbow Focus Points

While stroking, keep your elbow higher than your hand at all times.

Keep your elbow near the surface.

Speed up core rotation and/or delay your pull, so that you can pull straight back with your elbow high in the water.

Main Set: Descending Repeats

Each repeat is faster than the previous one.

Take 3-5 breaths rest before each repeat.

Increase your speed by increasing your rate of rotation. NOT by pulling or kicking harder.

As you go faster, you will not rotate to 90 degrees.

4 x 1 Lap

4 x 2 Laps

4 x 4 Laps

Warm-Down

Focus on complete rotation at very slow speed..

1 x 4 Laps easy swimming. Optional: Alternate lengths of backstroke.