

## **Lesson Focus: Paddle Work**

### **About Freestyler Hand Paddles**

These help with all aspects of hand **placement**. They help you to:

- Drive hands forward on entry, getting rid of any cross-over
- Anchor sooner by angling hand into the water properly
- Keep your elbow high with forearm perpendicular to direction of travel
- Release sooner

**NEVER use hand paddles to pull harder! Avoid large hand paddles!**

- Pulling too hard makes you pull too early, before your forearm is anchored.
- Pulling too hard can injure your shoulder – the actual pull comes “later” and is done with your lats and pecs, not with your shoulder

### **Warm-Up**

Full rest between repeats.

Technique focus for warm-up: Keep hands moving.

2 x 1 Lap: Easy freestyle

2 x 2 Laps: Easy freestyle with Freestyler Hand Paddles

2 x 2 Lap: Easy freestyle without paddles

### **Main Sets: Alternating Pull and Kick Sets**

Take 3-5 breaths rest before each set.

4 x 2 Laps: Freestyle with Paddles

2 x 1 Lap: Kick on side, compact kick from the hips, easy down, hard back

4 x 2 Laps: Freestyle with Paddles – focus on keeping the hands moving

### **Video**

Underwater: one length with paddles, one without.

### **Warm-Down**

Focus on complete rotation at very slow speed..

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

### **Video Review**

Focus: Pull