

## **Before Getting Wet**

Review Posture, Streamline, Backstroke & Freestyle Arms on the Deck

- Swimming Posture & Streamline
- Backstroke Arms
- Freestyle Recovery
  - Draw the Hand, Load the Hip
  - Fire the Hip, Drive the Hand
  - Draw & Drive
- Early Vertical Forearm Stroke
  - Point & Pause
  - Pop the Elbow
  - Press the Wrist
  - Pop & Press (in that order, not together)

## **Review Previous Pool Exercises and Drills**

- Bottom Float
- Dead Man's Float & Dead Man's Float to Front Balance
- Backstroke Progression
  - Kicking in Back Balance
  - Dynamic Back Balance
  - Extended Back Balance
  - Single-Arm Backstroke
  - Backstroke
- Freestyle Drill Progression
  - Side Balance (breathing on back)
  - Side Balance with Swimming Breathing
  - Sharkfin with Swimming Breathing
  - Single-Stroke Corkscrew
  - Single-Arm Drill with Swimming Breathing

## **New Pool Exercises and Drills**

**Kickboard Point & Pause, Pop & Press:** This is a one-arm drill. Hold a kickboard out front with the unused arm. Keep your head above water for this drill. Point & pause: extend your arm forward and glide for just a moment. Pop & Press: Pop the elbow toward the surface bringing the shoulder towards your chin, and then press your body past that spot. The more body rotation you can get into this drill, the easier it will become.

**One-Arm Point & Pause, Pop & Press:** This is actually the “Single-Arm Drill with Swimming Breathing” we did last week. But the focus is Point & Pause, Pop & Press.

### **More Details: Point & Pause, Pop & Press**

- **Point & Pause.** As you reach full extension, your fingers are pointing forward (palm down), your arm is relaxed and weightless parallel to the surface, and your upper body pauses for just a moment in this position. With your head, chest and hips locked in good swimming posture, your bodyline is straight from fingertips to toes.
- **Pop & Press.** Begin the “stroke” by popping your elbow toward the surface. This motion is performed with your elbow, *not* with your hand. Your arm rotates slightly externally, and your shoulder may make contact with your cheek. Keep your wrist straight, and use your wrist and forearm to grab hold of a spot out in front of your body. Now press your body past that spot while trying to keep your elbow near the surface.

**Underwater Video:** One-Arm Point, Pop, Heave

## **Sample Practice Session Following Lesson 5**

Be patient and work slowly and mindfully. Do not practice struggle.

- Bottom Float and Dead-Man’s Float to Front Balance: Three minutes
- Three minutes each, resting at the end of each length:
  - Extended Back Balance
  - Side Balance with Swimming Breathing
  - Sharkfin with Swimming Breathing
  - Single-Stroke Corkscrew
- Repeat the following group three times (or for as long as you can stand it!):
  - Kickboard Point & Pause, Pop & Press (2.5 minutes)
  - One-Arm Point & Pause, Pop & Press (5 minutes)
  - Backstroke (2.5 minutes)