

Forearm Focus

You can hold a spot in the water using just your hand. Or you can use your hand plus your forearm. Which makes a better paddle blade?

Technique Focus Points

- **Weightless hand.** Try to have a weightless hand until you begin your pull - that keeps the focus off your hands while you catch.
- **Pop your elbow.** Begin the catch by popping your elbow toward the surface and slightly rotating your arm externally. Do not even think about your hand!
- **Press the Y.** During the pull, press on your wrist or the heel of your hand.
- **Feel the pressure.** Learn how to feel and react to pressure on your forearms. (Sculling will help.)

What to Watch For

- ***Bent wrist during the catch and pull.*** Means you are not using your forearm.
- ***Sore shoulders.*** May mean that you are pulling on your hands instead of on your forearms.

Warm Up

4 x 50 Freestyle

Main Sets

Repeat the following set with each focus listed below

4 x 50 Drill (see below)

1 x 100 Freestyle

Drill/Swim Focus

- Point-Pop-Pull
- Shoulder-Cheek Catch
- Weightless Arm until the pull
- Press the Y (or anything other than the palm of your hand)

Warm-Down

4 x 50 Freestyle – Cool down with relaxed swimming (but keep the hip snap!)