

Main Focus: Hips

The endurance swimming freestyle stroke is usually called *hip-driven* freestyle. It's important to keep the phrase *hip-driven* in mind, because when we slow down just a bit to endurance pace, we tend to relax our kick and at the same time relax our hip rotation. The flatter onto your belly you get, the slower you become.

Technique Focus Points

- Belly button wall to wall. Or as close as you can get it.
- Rotational kick snaps hip. Start your rotation with a rotational kick.
- Hip snap drives recovering arm. Drive your recovering arm into the water with your hip.
- Hip snap gets you past your anchored arm. You don't just yank your body past that anchor.

Warm-Up

4 x 50 Freestyle

Main Sets

4 x 50 Drill (see below)

1 x 100 Freestyle

Drills on 1:00, 3 breaths rest

9-3-9 Drill (9 kicks on side, 3 strokes, 9 kicks on side)

One-Arm Drill (unused arm extended): 25 on left side, 25 on right

One-Arm Drill (unused arm at side): 25 on left side, 25 on right

4 Back 3 Free (4 strokes of backstroke, 3 strokes of freestyle)

2 Back 3 Free (4 strokes of backstroke, 3 strokes of freestyle)

Warm-Down

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