

## **Warm-Up**

Review posture:

- 2 x 50 Back Balance
- 2 x 50 360° Balance Drill
- 2 x 50 Side Balance
- 2 x 50 Freestyle

## **Main Sets: Hips**

On the 50s, focus on performing the mechanics of the drill perfectly. On the 100s, focus on maintaining the “feel” experienced during the 50s. The 50s are at a very relaxed pace. The 100s are with a little more intensity.

4 x 50 Freestyle – Hip Focus: Get your hip out of the way of your stroking hand.

2 x 100 Freestyle – Feel the hips getting out of the way.

4 x 50 Freestyle – Hip Focus: Hip drives the recovering hand forward.

2 x 100 Freestyle – Feel the drive.

4 x 50 Freestyle – Hip Focus: Hip snap and pull start at the same time (on the same side).

2 x 100 Freestyle – Feel the snap.

## **Video**

Will be done during the hip snap set (probably above water for this focus).

## **Warm-Down**

4 x 50 Drill – New Drill: Freestyle Rotational Kicking.

4 x 100 Freestyle – Cool down with relaxed swimming, but keep the hip snap.

## **Video Review**

Review Video