

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: Head Position

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 – Drill: Tarzan (head up) first 12.5 yds.
2 x 100 Freestyle – Head down focus.

4 x 50 Freestyle – Drill: Single-Arm Freestyle – focus on head position.
2 x 100 Freestyle – Head down focus.

4 x 50 Freestyle – Drill: Single-Arm Freestyle with Sighting.
2 x 100 Freestyle – Sighting practice.

Video

Will be done during sighting practice (probably above water).

Warm-Down.

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

Video Review

Review Video