

Warm Up / Review

Begin in the deep end (no fins):

- 8 x 45" vertical kicking, 15" rest, work on rotational kick every third kick
 - 1 & 2: Propulsive vertical kicking in place
 - 3 & 4: Rotate 1/4 turn to the right every 6th kick
 - 5 & 6: Rotate 1/4 turn to the left every 6th kick
 - 7 & 8: Rotate 1/4 turn alternate direction every 3rd kick

Use fins:

- 1 x 25 Backstroke Rotational Kicking (arms at sides)
- 1 x 50 Freestyle Rotational Kicking Drill (arms at sides)
- 2 x 50: Single-Arm Freestyle, unused arm at side, breathe on stroking side
- 2 x 50: Single-Arm Freestyle, unused arm at side, breathe on unused side

Remove fins:

- 2 x 50: Freestyle
- 2 x 50: Half Tarzans
- 2 x 50: Fingertip Drag AND DRIVE
- 2 x 50: Point-Point-Pull
- 2 x 50: Freestyle (pull straight, swim straight)

Mental Images

- 4 x 50: Imagine you are swimming downhill.
- 4 x 50: Imagine you are x-country skiing, roller-blading or speed skating.
- 4 x 50: Imagine you are swimming through a small pipe.
- 4 x 50: Imagine you are sneaking up on somebody (be quick and quiet).

Crowding-Passing-Drafting Practice

- 2 x 5-minutes: All swimmers start in right lane – duck under the lane line at each wall to change directions (this is just circle swimming in two lanes).

Sample Practice Session Following Workout 10

About 45 minutes (as often as possible) – Low intensity work to train efficient freestyle technique.

- **Vertical Kicking:** No fins. 10 minutes, 45 seconds kick, 15 seconds rest; kick in 3s, rotate body ¼ turn to opposite direction every 3rd kick.
- **Drills (with fins)**
 - 2 x 50 360° Balance
 - 2 x 50 Freestyle Rotational Kicking Drill (arms at sides)
 - 4 x 50: Single-Arm Freestyle, unused arm at side, breathe on unused side
 - 4 x 50: Single-Arm Freestyle, unused arm at side, breathe on stroking side
- **Swimming Drills (no fins)**
 - 4 x 50: Point-Point-Pull (see above)
 - 2 x 100: Focus on straight pull
 - 4 x 100 Swim with mental images (100 each – see above)
- **Warm Down**
 - 2 x 100: Relaxed swimming