

Warm Up / Review

Begin in the deep end (no fins):

- 10 x 30" vertical kicking, 30" rest, work on rotational kick

Use fins:

- 1 x 25 Back Balance
- 2 x 50 Rotational Balance (arms at sides, nose down, rotate side to side)
- 2 x 50 360° Balance (arms at sides)
- 2 x 50 Backstroke Rotational Kicking Drill (arms at sides)
- 2 x 50 Freestyle Rotational Kicking Drill (arms at sides)
- 1 x 50 Side Balance Head Up (1 length each each side)
- 1 x 50 Side Balance Head Down with Swimming Breathing (1 length each side)
- 2 x 50 Underwater Recovery Freestyle
- 2 x 50 Fingertip Drag

Remove fins.

Sighting Practice

There are three ways to sight: Alligator Eyes, Forward, Lookback. Learn to sight comfortably, then focus on getting back into good position after sighting.

- 2 x 50 Alligator Eyes: Look forward and lift only your eyes out of the water. This usually doesn't work so well unless the water is smooth as glass.
- 2 x 50: Forward Sighting: Lift head to sight, turn and breathe. Some people actually plunge head into water before turning to breathe. The key is not to breathe while looking forward. You will inhale water. Practice sighting before breathing to both the left and right.
- 1 x 50: Lookback sighting. Only matters when swimming long distances or in a current.

Sample Practice Session Following Workout 5

About 45 minutes (as often as possible) – Low intensity work to train hip rotation at the surface.

- **Bottom Float:** Relax on the bottom – get your body *and your mind* into the water.
- **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.
- **Posture and Balance Drills**
 - 2 x 50 Back Balance (with fins)
 - 2 x 50 Side Balance (with fins)
- **Recovery and Catch Drills**
 - 5 x 50: Fingertip Drag (no fins from this point on)
 - 5 x 50: Underwater Recovery Freestyle
- **Swimming Drills (no fins)**
 - 4 x 50: Focus on hip rotation
 - 4 x 50: Sighting practice – sight frequently, get back into good balance
 - 4 x 50: Focus on body balance (hips at surface always)
 - 4 x 50: Sighting practice – sight frequently, get back into good balance
- **Warm Down**
 - 4 x 50: Relaxed swimming