

Warm Up / Review

Begin in the deep end (no fins):

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

Use fins:

- 1 x 25, 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:

- 2 x 50: Freestyle
- 4 x 50: Single-Arm Freestyle, unused arm extended out front
- 4 x 50: Single-Arm Freestyle, unused arm at side, breathe on stroking side
- 4 x 50: Single-Arm Freestyle, unused arm at side, breathe on unused side
- 2 x 50: Freestyle

Crowding-Passing-Drafting Practice

- 2 x 5-minute swim: All swimmers start in second lane – duck under the lane line at each wall to change directions.

Sample Practice Session Following Workout 7

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.
- **Posture and Balance Drills (with fins)**
 - 2 x 50 360° Balance
 - 2 x 50 Backstroke Rotational Kicking Drill (arms at sides)
 - 2 x 50 Freestyle Rotational Kicking Drill (arms at sides)
- **Recovery and Catch Drills (with fins)**
 - 2 x 100: Fingertip Drag
 - 2 x 100: Underwater Recovery Freestyle
- **Swimming Drills (no fins)**
 - 4 x 50: Single-Arm Freestyle, unused arm extended out front
 - 4 x 50: Single-Arm Freestyle, unused arm at side, breathe on stroking side
 - 4 x 50: Single-Arm Freestyle, unused arm at side, breathe on unused side
 - 2 x 100: Focus on body balance (hips at surface always)
- **Warm Down**
 - 2 x 100: Relaxed swimming