

## 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 Back Balance (arms at sides)
- 2 x 50 Freestyle Rotational Kicking Drill (arms at sides)
- 2 x 50: Single-Arm Freestyle, unused arm extended out front
- 2 x 50: Single-Arm Freestyle, unused arm at side, breathe on unused side
- 2 x 50: Single-Arm Freestyle, unused arm at side, breathe on stroking side

Remove fins:

- 2 x 50: Freestyle

## Pull Straight, Swim Straight

- 4 x 50: Half Tarzans – Swim first half of each length with your head out of the water. This forces you to enter your arms wide. During second half of each length, try to enter hands at the same width.
- 4 x 50: Fingertip Drag AND DRIVE – Fingertip drag drill, but the focus is on what happens after your hand passes your head – you **drive** that arm **straight forward**.
- 4 x 50: Point-Point-Pull – Freestyle but focus on one arm at a time (alternate 50s). Point that index finger straight forward on entry, point at the bottom to set your anchor, and then (and only then) pull your body to the anchor (your hand and forearm).
- 4 x 50: Freestyle with single hand paddle (alternate 50s). Focus on the arm with the paddle. Drive it forward, set your anchor, pull your body to the anchor.
- 4 x 50: Freestyle (pull straight, swim straight)

## 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 9

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  $\frac{1}{4}$  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)
- **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 unused side
  - 4 x 50: Single-Arm Freestyle, unused arm at side, breathe on stroking side
  - 4 x 50: Half Tarzan (see above)
  - 4 x 50: Point-Point-Pull (see above)
  - 4 x 50: Freestyle with single hand paddle (see above)
  - 2 x 100: Focus on straight pull
- **Warm Down**
  - 2 x 100: Relaxed swimming