

1. Warm-Up

300 yards freestyle

2. Core Strokes (All)

When we swim, we need to hold onto a spot in the water while we slide our body past that spot. But we are centered on our hands by nature, which means that we tend to focus on yanking our bodies down the pool with our hands. This set of 50-yard repeats helps to get the focus of the stroke away from your hands, and into your core. Changing the focus to a different visual or sensory image centered deeper and deeper in the core will help you to move your body using the longest possible chain of large and powerful core muscles.

During the following 50-yard repeats of freestyle, feel as though you are walking on your hands. On each repeat, try to:

- 2 x 50 Feel your strong **forearm** and hand becoming the blade of a paddle in the water.
- 2 x 50 Feel your strong **shoulders** pulling your body over anchored paddles.
- 2 x 50 Feel your strong **pectorals** supporting your shoulders as you walk down the pool.
- 2 x 50 Feel your strong **abs** engage to support your pecs as you stride down the pool.
- 2 x 50 Go deeper into the abs – all the way to your **pelvic floor** – feel your strong lower abs at the base of your left hip driving the stroke on your right side, and vice versa.

3a. Group1: More Swimlates

On the roller:

- Flutter kick
- double leg raise
- Double leg circles

On Land:

- Swimming
- Side bend (straight arm)
- Shoulder bridge
- Shoulder bridge with arms back
- Shoulder bridge lifting alternating legs straight up to 90 degrees
- Hip flex repeaters
- Pike – walk (with hands) to swan – plank – walk back to pike

3b. Group 2: Swim Drills

With fins, using the focus points from #2 above, keep repeating the following:

- 2 x 50 using the “deepest” core focus (above) that you are able to feel

For these drills, swimmers will take turns using:

- Tether cord (2 one-minute sessions)
- Chute (as in parachute)
- Nothing (“normal” freestyle)

Underwater video will be captured during the drills.

4. Video Review

All together.

Note: All lesson plans are available online, in the Core Power Swimming section of:

<http://www.breakwatersportstraining.com/handouts.html>