

Before Getting Wet

Hip-Driven Freestyle Arm Recovery on the Deck

Begin in Standing Swimming Posture (belly in, neck tall, chin back. Maintain good posture – eyes forward and feet planted – while rotating your core during this exercise. Practice each of these movements one arm at a time until the movement is very comfortable with a single arm. Then combine all movements for a single arm.

- **Draw:** Begin with your hand deep in an imaginary front pants pocket. Leading with your elbow, as you rotate your hip back, draw your hand out of the pocket and up to the “freestyle salute” position (hand above shoulder, fingertips forward, hand and forearm parallel to the floor and as high above it as possible).
- **Reach:** From the freestyle salute position, snap your hip forward and reach your hand *straight up* to full extension (remember, you are “swimming” toward the ceiling). Practice until comfortable with both arms.
- **Draw - Reach:** Now combine both motions smoothly (draw + reach) using one arm only. Do not attempt to try both arms together until the movements on each side become fluid and automatic.

Early Vertical Forearm Catch and Stroke on the Deck

- **Push/Pop:** While rotating your hip back and pushing your elbow straight up – rotate your thumb outwards very slightly and bring your hand and forearm parallel to the floor. Practice getting from the reach position to the catch. Focus on your elbow and think **Push/Pop**.
- **Press:** Pressing on the **heel** of your hand, engage your latissimus dorsi to press your flat hand-and-forearm paddle towards the floor. Practice engaging your lat as early as possible to begin the stroke.
- **Push/Pop - Press:** Practice the complete motion being sure not to press until the hand and forearm are parallel to the floor.

Workout

- Warm-up: 1 x 200: each lap, think Draw – Reach on the way down, Push/Pop – Press on the way back.
- 2 x 50 Fingertip Drag Drill
- 2 x 50 Freestyle
- 2 x 50 Kickboard Paddle Drill
- 2 x 50 Freestyle
- 2 x 50 One-Arm Freestyle – Unused arm out front
- 2 x 50 Freestyle
- 2 x 50 One-Arm Freestyle – Unused arm at side
- Cool Down: same as Warm-Up

Sample Practice Session

Be patient and work mindfully. Do not practice struggle. Practice perfect movements.

- Pre-Warm-Up: On deck, practice arm movements (before mirror, if possible)
- Warm-Up: 1 x 400 thinking "Draw – Reach" for each stroke on the first half, "Push/Pop - Press" for each stroke on the second half
- Main Sets: Perform the Workout above, multiple times if possible
- Cool Down – 1 x 200 thinking "Draw – Reach" for each stroke on the first half, "Push/Pop - Press" for each stroke on the second half