

Before Getting Wet

Review Hip-Driven Freestyle Arm Movements

- Arm Recovery: Draw – Reach
- Catch and Pull: Push/Pop – Press

Using the Vasa ERG

- Addresses the *Push/Pop – Press* part of the stroke only
- You can focus on *when* and *how* to apply force
- You can build strength with swimming specific movements
- Demonstration of the early vertical forearm catch and pull

Workout

Swimmers will take turns using the ERG for two minutes, and then return to the pool. Take the *feeling* of the “push/pop – press” on the ERG into the water.

Perform the drills slowly and deliberately. Focus on one arm at a time.

On the Freestyle sets, try to swim with flow, *feeling* (but not thinking too much about) the *push/pop – press* movements.

Repeat as time allows:

- 2 x 50 Kickboard Paddle Drill (one arm down, other arm back)
- 2 x 50 Freestyle
- 2 x 50 3L/3R Drill (three strokes with your left arm, then three with the right)
- 2 x 50 Freestyle
- 2 x 50 One-Arm Freestyle – Unused arm out front
- 2 x 50 Freestyle

Sample Practice Session

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

- 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