

Before Getting Wet

Review Posture: Belly, Neck, Chin (L1)

Review Hip-Driven Freestyle Arm Movements (L2 & L4)

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

Kicking on the Mat – Practice on your belly, with a strong chest-hips connection. Focus on recovering your legs behind your body plane using your glutes, not your hamstrings. (Neck and head posture are optional – you do not need to drive your face into the floor to practice kicking on the mat.)

Workout

The workout combines kicking practice with a review of Rotation & Breathing (L3)

- 2 x 50 Extended Side Plank
- 2 x 50 Freestyle
- 2 x 50 9-3-9 Drill
- 2 x 50 Freestyle

Video Session

Swim past the stationary camera twice.

Sample Practice Session

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

- Pre-Warm-Up: On deck, practice both the arm movements (before mirror, if possible), and kicking face-down on a mat.
- Warm-Up: 1 x 200 thinking “Draw – Reach” for each stroke on the first half, “Push/Pop - Press” for each stroke on the second half
- Main Sets: Alternate 100 yards of drilling with 100 yards of swimming.
 - Drill 2 x 50: Select any drill to address Recommendation 1 from your initial video evaluation.
 - 1 x 100 Freestyle: Swim with a feeling for the stroke attribute you are trying to correct with the previous drill
- 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