

Whole-Body Arm Stroke & 200s

Warm Up (~400)

While sighting once per length (both directions)
10 minutes ↑ FS quick ↓ FS easy recovery pace

Drill Sets (400)

4 X 50 ↑ Scull #1 ↓ FS quick

4 X 50 ↑ Tarzan ↓ FS easy

Main Set: Alternate Drills & 200s

Drill slowly, swim quickly! Core always stabilized!

Focus	Drill	Swim
Extend	4 X 50	200 FS
Pop	4 X 50	200 FS
Press	4 X 50	200 FS
Spear	4 X 50	200 FS

Extend: full extension, then a little more

Pop: rotate upper arm & elbow toward ceiling

Press: press stable body past hand/forearm anchor

Spear: spear your hand into the water

Cool Down (200-400) Easy, try a bit of Tarzan