

Arms Technique Focus & 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 (1600)

Use same focus for each set of 4 x 50 single-arm drill (kickboard optional) followed by 200 FS

Focus	1-Arm w/KB Drill	Swim
Spear	4 X 50	200 FS
Extend	4 X 50	200 FS
Pop	4 X 50	200 FS
Press	4 X 50	200 FS

Spear: spear your hand into the water: *skate*

Extend: full extension, then a little more: *reach*

Pop: rotate upper arm & elbow toward ceiling: *find the corner*

Press: press stable body past hand/forearm anchor: *press*

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