WORKOUT: FEEL FOR THE WATER 1

Today's focus is on the catch, but not as much on the mechanics as on the overall distance the hand travels through the water, establishing feel. The hand moves at a uniform speed during the catch, finding width and depth, all the while traveling forward. Do not rush the catch by pulling back.

As your hand travels through the catch phase, take note of the moment you "make the catch" as shown in the photo below. Hand/arm movement doesn't stop at this point. It passes through this moment. See if you can get a glimpse of this snapshot moment.

One more thing: although today's workout doesn't focus on the 4 catch details (scapula forward, medial rotation, elbow bend, width), give some attention to those when you can, as they are the mechanical details important to a great catch.



Please keep in mind that this workout is one piece of the overall process. It's possible you make a significant breakthrough, but it's also possible that your stroke doesn't feel completely right yet. The goal is to finish the workout feeling the distance your hand travels during the catch, in ways *other than* pulling back.

WORKOUT TOTAL: 2300

Do these sets freestyle, easy to moderate with :10-20 rest

5 x 100 Choice warm-up

Odds: Choice **Evens: Kick**

5x through the following:

(2 x 25 scull in the catch position) + (1 x 100 Swim) + (2 x 25 scull in the catch position) + (1 x 100 Pull)

During the sculling 25s give some attention to catch mechanics, and ensure your elbow is in front of the crown of your head. On the swim and pull 100s feel the distance your hand travels during the catch - getting width and depth while moving forward. Don't pull back. Also, see if you can get a glimpse of the moment you "make the catch."

8 x 25 Swim

Odds: FAST! Even when going fast, don't rush the catch!

Evens: easy

1 x 100 easy warm-down