WORKOUT: FEEL FOR THE WATER 2

The focus for today's workout is acceleration at the end of the mid phase and finish phase. Envision the peaks seen in an elite hand speed graph, and incorporate that same kind of life into your stroke. But as you train acceleration on the latter phases of the pull today, don't let it seep into your 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 propulsive impulses the back 2/3s of your freestyle pull, without rushing the catch.

WORKOUT TOTAL: 2400

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

(1 x 500 Choice warm-up) + (1 x 200 Kick)

This warm up gives you space. You're your own best coach. Work on what you feel you need, even if it's something from weeks ago.

8 x 50

Odds: Shark Fin Drill Evens: Swim
Focus on accelerating the finish on all 50s.

4 x 100 Catch-up Drill

Odds: focus on not rushing the catch
Evens: focus on accelerating the diagonal and/or finish phases

8 x 50

Same as 8 x 50 above

8 x 25 Swim

Odds: FAST! Evens: easy
When you go fast, try to manage not rushing the catch but accelerating the end of the diagonal and finish.

1 x 200 Kick

1 x 100 easy warm down

WORKOUT TOTAL: 2400