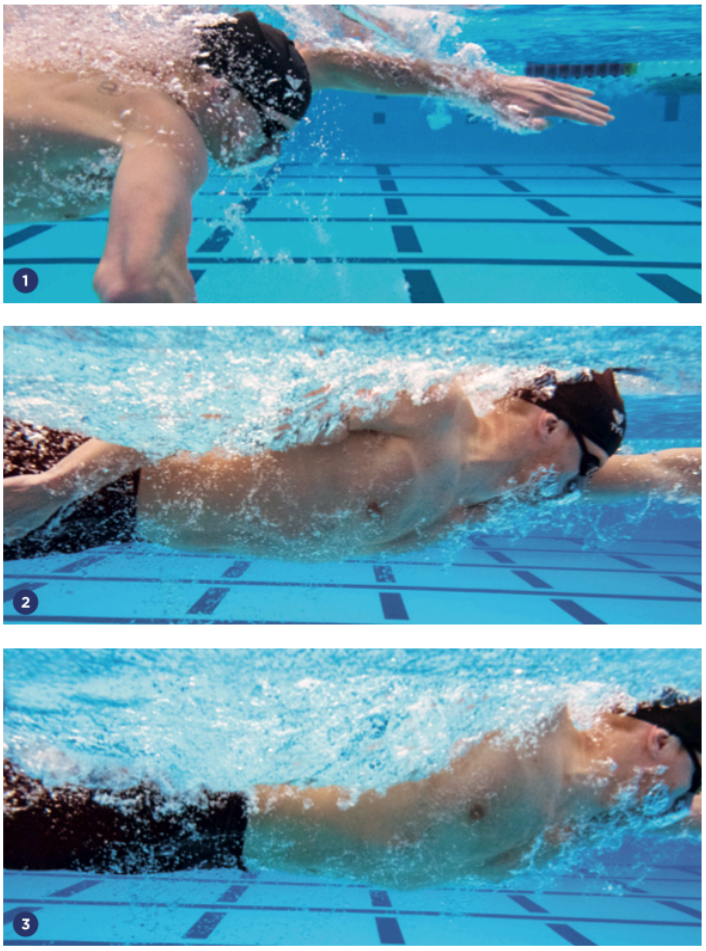
WORKOUT: FEEL FOR THE WATER 3

Today's focus is on feel for the water, from the catch through to the finish, and the subtle changes in hand speed that are the key to developing this elite skill. The catch is about positioning, and the back 2/3s of the pull about acceleration.

Shark Fin and Sculling drills are included in the workout, with a touch of 1-Arm with Kick Board drill, since it's very useful for training hand speed change as well.



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 confident you made progress on understanding and refining your feel for the water.

WORKOUT TOTAL: 2400

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

Warm-up 200 Swim + 200 Pull + 4 x 50 Kick

10 x 50

Odds: scull in the catch position Evens: Shark Fin drill
Note the nuances in hand speed between 50s. It's uniform on the 50s scull, but there's acceleration on Shark Fin

8 x 100 your choice of swim or pull, or a mix (last 25 of each 100 FAST)

You're your own best coach. Focus on what you think you need, or take a break from thinking altogether

12 x 25 1-Arm with Kick Board drill

Alternate arms by 25. Feel the difference between positioning for the catch and accelerating the diagonal and finish phases. You should feel the kick board surge forward as you navigate the back phases of the pull. Make it subtle and smooth, not choppy and forced

200 choice easy warm down

WORKOUT TOTAL: 2400