

May 27, 2020

This workout will focus on streamline in all aspects of the stroke.

At least 15 repetitions of ready position to streamline off the wall.

Focus on toes facing up on the wall one hand behind body, one hand on wall, look at hand on wall push off with hand on wall going beside head. Shoulder moves down do not look down first.

Think -----stack your hands, arms straight and head locked between arms eyes down toes pointed glutes engaged.

Resist letting your eyes, hands, head float to the surface try to have your body break the surface as a single unit, when you stop naturally (no kicking) run back to the wall.

4 X 50 around the worlds

Push off in ready position, bring hands to thighs lead with the head, kick 8 times and change sides (tummy, side, back, side)

When changing sides try not to initiate with head or kick, instead focus on core to change sides. When you get to the 25 change the direction you turn to first. Do 50's so you can refocus at the wall on good position.

4 X 50 drill/ swim freestyle

From ready position streamline off wall focus breakout in perfect body balance, continue with 3 touch flip and swim freestyle continue focus on perfect streamline.

4 X50 Flutter Kick

1. right side /left side feet kick as far in front as back
2. under water on tummy on back coming back...Focus kick from hips toes slightly in kick up and down.
3. same as 1
4. same as 2

4 X 50 drill swim/backstroke

From ready position streamline kick off wall focus streamline body position breakout. Drill 6-3-6 for a 25, flip and swim back Think streamline

4 X 50 flutter kick

1. Right side slightly on side mimic breakout for backstroke/
left side same
2. On the back underwater flip on the back at the surface.
3. Same as 1
4. Same as 2

4 X 50 drill/ swim breaststroke

From the ready position streamline pullout off the wall 25 drill 2 kicks 1 pull focus on kicking with head down between the

arms open turn and swim breaststroke back focus on always being in streamline

at the end of the kick.

4 X 50 Breaststroke Kick

1. Kick breaststroke on the back focus drop feet hold water finish with feet in streamline.
2. Kick breaststroke on tummy with hands at hips think kick head down finish kick.
3. Same as 1
4. Same as 2

4 X 50 drill /swim butterfly

From the ready position streamline kick off wall 25 drill underwater recovery focus on pressing on the T, 25 swim focus on head down when the fingertips touch the water.

4 X 50 dolphin kick

1. Right side down left side back focus on kicking from the core the traveling as far in front as the back.
2. On your tummy underwater down on your back back. Focus on tight streamline.
3. Same as 1
4. Same as 2

Finish with 4 X 50 around the worlds.