



Technique Workout By: Coach Leslie Scott

Warm up:

3 x 200 Swim, Kick, Swim

Technique Pre-Set:

8 x 100 50 Drill / 25 Free Swim / 25 Stroke Swim

#1-2 Tap your head drill: Tap your head on the recovery and then enter, helps to let you know your head position and posture balance, helps with rotation and prevents over reaching

#3-4 DPS: Long strokes, spear the water on the entry, good catch, finish completely

#5-6 Finger-tip drag, work on high elbows, enter in front of the shoulder

#7-8 Kick 5 kicks on side, take 3 regular strokes, look to the bottom, be at an angle when kicking, breathe out when kicking, take a breath during the 3 strokes

Main Set Part One:

3 x 200 with fins on 3:00

50 kick and sculling out in front with head out of the water

50 kick with head out of water and under water recovery with arms (like doggie paddle)

50 Freestyle heads up

50 Freestyle fast

Main Set Part Two:

4 x 200 on 20 seconds rest

1-2 Freestyle, stretch out, feel for the water

#3 Freestyle with paddles

#4 Freestyle with paddles fast

Cool down: 200

Total: 3,000