

Warm-Up

300 Yards easy freestyle.

Starting Video Benchmark

Underwater and over-the-water video.

Start Using Your Head!

To be streamlined in the water, you have to keep your hips up. The easiest way to do this is to keep your head down. Today's focus will be head position (deep). When swimming freestyle:

1. **Focus on the tiles.** When not breathing or sighting, swim with your head perfectly neutral on your spine, staring straight down at the bottom. No wobble!
2. **Breathe deep.** Learn to breathe by rotating your face to the air, removing as little of your face as possible from the water. Do not lift your chin.
3. **Sight with a snapshot.** Learn to sight quickly, both on breathing and non-breathing cycles. A quick peek will do it. The more time you spend with your head lifted, the more you will sink. When practicing at the pool, the important thing is to learn to minimize the disruption to your streamline and balance. Focus on getting re-balanced and streamlined as quickly as possible.

Main Set

5 x 100 Focus on tiles, count strokes – all four lengths should be with the same count
5 x 100 Stroke count minus one, focus on tiles

Warm-Down

300 Yards easy freestyle.
Review Initial Video

Textbooks

Not exactly – and not required. But all of our upper body focus points are from a Karlyn Pipes-Neilsen DVD recently made by Glenn Mills of GoSwim.tv. And the kicking drill progression we will use was developed by Coach Emmett Hines of H2Ouston Swims. The DVD is about \$40 and you can get to the GoSwim.tv page from either my Resources or Drill-of-the-Week page. The kicking drills are described in Emmett Hines' articles entitled "Bottom-Up Swimming," under the Articles section of the H2Ouston Swims website (which you can also find from my Resources page).

Lesson Plans for this week and the following weeks can be obtained from my website:

<http://www.breakwatersportstraining.com/handouts.html>