

Hold That Line!

To go faster, you have to use your whole body. You have to connect your kicking and stroking to produce full-body movements. Otherwise, your upper and lower bodies will work against one another for much of the stroking cycle. Holding a strong streamlined position is critical, and that is a focus of this session. The second focus of this session is to get started on learning how to kick properly. You triathletes may think that endurance swimmers do not need to know how to kick propulsively, because in longer events the propulsive kick provides relatively little propulsion. That is true, **BUT** (← and this is a VERY BIG BUT) the fact is, that your body needs to know how to kick propulsively in order to swim with full-body movements – especially when going at “slower” speeds. If you do not practice kicking, your lower body comes disconnected from the rest of your body. So in this program, you will learn to train using kicking. (And you will like it!)

Kicking Focus

Rotational Kick (RK) Basics:

- Kicking leg
 - Toes pointing back, foot loose on ankle.
 - Anchor your foot, but release your hip.
 - When you kick, your body rotates towards the kicking leg.
 - Try to not bend your knee when kicking
- Non-kicking leg
 - Hold it still – you will pivot on this leg
 - Do not even think about bending the knee to prepare for the next kick

Workout

Except as noted, all freestyle sets should be done cycling through the numbered set of focus points above (use one focus point per repeat):

Warm-Up

1 x 300 Easy
6 x 50 Catch-up drill

Kicking Sets

12 x 1 minute of Vertical Propulsive Kicking with an occasional Rotational Kick. (By the end of one week should be comfortable repeating two propulsive kicks followed by a rotational kick.)

Freestyle Sets

3 x 100 on 30 seconds rest
3 x 200 on 30 seconds rest

Warm-Down

3 x 100 Easy. Optional: Alternate lengths of backstroke.

Note: Lesson plans are available online from the following webpage:

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