

Kicking Focus

Six-beat kicking. Vertical and on your back. This must become automatic.

Paddle Work (with and without paddles)

Here are the major focus points from the Karlyn Pipes-Neilsen video that deal with your hands:

- Don't cross the centerline!
- Extend and pause
- Surfboard catch and pull
- Put the umph in front

About Freestyler Hand Paddles

These help with all aspects of hand *placement*. They help you to:

- Drive hands forward on entry, getting rid of any cross-over
- Anchor sooner by angling hand into the water properly
- Keep your elbow high with forearm perpendicular to direction of travel
- Release sooner

NEVER use hand paddles to pull harder or earlier!

- Pulling too hard will just make your paddle "slip" in the water (like spinning your wheels on the bike)
- Pulling too early means you are pulling before your hand finds quiet water and before your forearm is anchored.

Kick-Board Paddling

This is a one-arm drill. Keep your head out of the water and watch your stroking arm. Kick gently using fins if desired. Hold the kickboard out in front of you with one arm, and paddle with the other. Switch arms every length. Watch your paddling hand and focus on one thing per length:

- Pull straight back
- Fingertips down
- Elbow always over hand
- Elbow high in the water

Video

Underwater: Focus on the front end.

Workout

Pick ONE upper body focus point for the entire workout.

Warm-Up

2 x 100: Easy freestyle

4 x 50: Easy freestyle without paddles

Main Sets: Alternating Pull and Kick Sets

4 x 100: Freestyle alternating one repeat with paddles, next without

2 x 50: Kick on back, burn in the six-beat rotational kick

4 x 100: Freestyle alternating one repeat with paddles, next without

Warm-Down

1 x 200: Easy swimming. Optional: Alternate lengths of backstroke.