

web workout

by Sue Welker, Head Coach, Naperville Waves Swim Club, Naperville, Ill.

the workout

Use fist gloves or golf balls for fist drill. I find the golf balls to be fun and easy to use within a set.

warm-up

- 400, 75 free/25 back
Do this next set 2x:
- 2x75 @ :15 rest; dolphin kick: right side/left side/back
- 3x50 @ :15 rest; fist drill with golf balls or fist gloves #1 free, #2 back
- 4x25 @ :10 rest; build #1 free, #2 back

main set

- 10x150 @ :20 to :30 rest between each. Keep effort low and think about power in your pull.
1-2: Fist drill with golf balls; bilateral breathing, and focus on weaker arm
3-4: Golf ball in strong hand, no ball in weak; continue bilateral breathing
5-6: Pull with buoy and small paddle on weaker arm
7-8: No buoy; keep paddle on weaker arm
9-10: Swim perfect freestyle!

cool down

- **Long and easy.** Tuck non-stroking arm in at side, and while doing single arm free, breathe to opposite side of stroking arm.
- 4x75 @ :15 to :20 rest
Right arm/left arm/swim
Odds: Free
Evens: Back

total

- 3,000 yards

JUMP START THE NEW YEAR!

We are over the hump of the holiday season, so now's the time to get back to the pool. Our program, the Naperville Waves Swim Club in Naperville, Ill., spends most of November and December focusing on stroke mechanics and technique. I also encourage swimmers to spend the late fall adding a dryland routine to their program, concentrating on core strength, shoulder stability and functional swimming strength. The start of a new year brings energy and new people to the pool. It's a great time to set goals, pump up the effort and think about adding more power to your stroke.

workout notes

- >>> **Focus:** Long axis technique, front-end power
- >>> **Time:** 60 minutes
- >>> **Important skills:** Focus on a great catch in both your freestyle and backstroke. Think about long, almost catch-up, freestyle swimming. Keep leverage on the water with your hand planted in a powerful position in the water. While breathing on both sides, identify the weaker arm, or arm that may cross over. Swim at a comfortable level, below 80 percent, while focusing on the quality of your stroke.

