

# web workout

## Short Axis Technique Workout - Coach Cokie Lepinski

This workout is designed to work both breaststroke and butterfly without taxing the knees or shoulders too much. There are also some breath-control freestyle sets.

### warm up

- 400-700 choice, focus on relaxed breathing and stroke

### technique set (600)

#### Kick Focus

- 4 x 25 breaststroke kick on back, hands down behind you. Try to touch fingers to calf muscles and do not let your knees break the surface. Finish your feet!
- 4 x 25 dolphin kick – one each as: streamline front; streamline back, on side, one arm extended, repeat on other side. Short, compact kicks. Long, straight line, engage your core!

#### Arm Focus

- 4 x 25 breaststroke pull with flutter kick. Hand speed increases as you go from out-sweep to in-sweep to shoot-through. End each pull in a long line, head and eyes down, arms fully extended.
- 4 x 25 1-arm fly with other arm extended in front. Flare out, not straight back, at the end of the stroke, and keep arm recovery low across the water. Alternate arms each lap.

#### Body Focus

- 4 x 25 breaststroke separation drill or “pull stop, kick stop.” Do a breaststroke pull with no kick at all. Streamline. Without breathing, do one breaststroke kick. Streamline. Repeat action through the lap.
- 4 x 25 butterfly with flutter kick. Stay low to the water, minimize your up and down action, flare out and around at the end of each stroke, not straight back.

### main set

(2000) Rest :30 between the shorter sets and up to 1:00 for longer sets

- 400 – Free, negative split, breathing pattern within each 100: B5-B3-B4-B3
- 300 – Straight 300, 4x thru: 25 breast separation drill, 25 1-arm fly, 25 free.
- 200 – Free, negative split, no breathing 1 stroke into or out of the turns
- 100 – Alternate 25 dolphin kick (any position), with 25 breast kick on back
- 100 – Alternate 25 butterfly with flutter kick, 25 breaststroke with flutter kick
- 200 – Free, flip at the flags (do not touch the wall)
- 300 – As 4 x 75, resting :15. 25 Butterfly/25 Freestyle/25 Breaststroke
- 400 – Free, negative split, breathing pattern within each 100: B5-B3-B4-B3

### warm down

- 200 choice, focus on relaxed breathing and stroke

### total

- 3200-3500