

Whitewater Swimming

Freestyle Drill Workout

You can also use this workout as a warm up or add it to another workout. This workout aims to stretch out your stroke taking 1 stroke at a time, thus reducing the amount of strokes you take per lap.

1x 400 as follows:

100 Kick Streamline :10 seconds rest

100 Catchup Drill :10 seconds rest

100 Free :10 seconds rest

100 Fins Free :10 seconds rest

This is a great pull set. You must use fists when instructed. Don't cheat!

Take :10 seconds rest between each or complete them on a set time. Ex: 1:00 or 1:15 Try to descend (each one gets faster) the entire set of 50s. You can repeat this set if you wish for a longer workout or combine it with another workout.

50 free

50 fists and pull bouy

50 fists drill

50 pull free

50 pull paddles

50 free

