

Workout #7

Type	3200 yards	2400 yards
Warm-up	400	200
Drill Reverse IM	(free, br., bk., fly)	
Free		
Swim Ladder	1650 11 lengths, 10, 9, down to 1 (10 sec.rest between)	1650 same as <- (15 sec.rest between)
Kick	250	150
IM		
Drill Loosen up	100	100
Swim	24x25 6 of each stroke	8x25 2 of each stroke
Swim-down		
Choice	200	100

Drills

Fly. Kick, no board, arms at body's side. Think: kick head down, kick head up. Don't rush the kick. It begins at the chest and unfurls quite slowly with a snap of the ankles, like cracking a whip. If your timing is good on the whole stroke, this will be very easy. If it's difficult to do, probably your timing is off. Within a fraction of a second, the sequence of entry is head, hands, feet. The second kick is half way through the stroke.

Back. Swim with exaggerated roll and glide on your side, one arm outstretched and one at your side for about 6 to 9 kicks.

Breast. Kick twice, pull once for a length; then kick once and pull twice. Swim using fly kick.

Free. One-arm, catch-up (hand touches outstretched hand before you pull), ripple (drag your fingers in the water, directly below your elbow, during recovery), hesitation (leave your hand out of the water behind you for a second before beginning recovery).

Source: <http://ruthkazez.com/SwimWorkouts/SwimWorkout07.html>