

# STCI Nine Week Swim Program

## Week 1 - Head Position/Personal Floatation

	Beginner	Novice	Intermediate	Advanced
<b>Warm Up</b>	4 x 25 Swim	200m as: 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim
	4 x 50 Swim	2 x 50 pull (:15 Rest)	2 x 50 pull (:15 Rest)	2 x 50 pull (:15 Rest)
<b>Drill Focus</b>	Explain concept of "m" & workouts. Observe the new swimmers and their abilities to swim 25m.	2 x 50 kick (:15 Rest)	2 x 50 kick (:15 Rest)	2 x 50 kick (:15 Rest)
		4 x 25 build speed (:15 rest)	3 x 50 build speed (:15 rest)	4 x 50 build speed (:15 rest)
<b>Main Set</b>	4 x 25 swim heads up/head down Float face down, move head up and down to optimize floatation Breathing side to side standing on the pool floor	6 x 50 as: odd heads up (:20 rest) even breathing every 3	6 x 50 as: odd heads up (:20 rest) even breathing every 5	8 x 50 as: odd heads up (:20 rest) even breathing every 5
	2 x 25 Ideal head position, hips up 2x 50 breath 3 - alternating sides 100m continous 2 x50 kick with a board Rest 20 sec after each part, 1:00 after 100m	4 x 75: 25 kick/25pull/25swim (:20 rest) 4 x 150 as: odd 150 pull even 150 swim (:45 rest)	8 x 75 as: 25 kick/25pull/25swim (:20 rest) 4 x 150 as: odd 150 pull even 150 swim (:45 rest)	8 x 75 as: 25 kick/25pull/25swim (:20 rest) 4 x 200 as: odd 200 pull even 200 swim (3:50 pace time) 5 x 100 B3/B5 (2:00 pace time)
<b>Cool Down</b>	50 Double arm back, stretch out pecs and forward positioning	100 Double arm back, stretch out pecs and forward positioning	4 x 50 build (:20 rest) Flush out the muscles  100 Double arm back, stretch out pecs and forward positioning	4 x 50 build (:20 rest) Flush out the muscles  100 Double arm back, stretch out pecs and forward positioning
	<b>600m</b>	<b>1700m</b>	<b>2300m</b>	<b>3000m</b>

Cues:

Hands in front of shoulders

Rotate hips

Pull straight to the hips

# STCI Nine Week Swim Program

Kick board, Fins, Pull

## Week 2 - Body [and hip] roll

	Beginner	Novice	Intermediate	Advanced
<b>Warm Up</b>	3 x 50 Swim 2 x 25 kick 200	200m as: 50swim/50back/50kick/50swim 1 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 2 x 25 build speed (:15 rest)	200m as 50swim/50back/50kick/50swim 2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 3 x 50 build speed (:15 rest) 400	200m as 50swim/50back/50kick/50swim 2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 4 x 50 build speed (:15 rest) 600
<b>Drill Focus</b>	4 x 25 Belly Button Cue Swimming is not on your front but on your side. This drill Breathing side to side standing on the pool floor 4 x 25 6 kick switch with fins Feel obliques as you rotate through your hips. Your whole core is engaged. 200	4 x 50 25 belly button cue/ 25 swim (:20 rest) Think about rotating your hips to face the side of the pool 6 x 25 6 kick switch with fins (:15) Feel obliques firing. Sharp, powerful rotation starting at the hips. 350	6 x 50 25 belly button cue/ 25 swim (:20 rest) Think about rotating your hips to face the side of the pool 8 x 25 6 kick switch with fins (:15) Feel obliques firing. Sharp, powerful rotation starting at the hips. 500	6 x 50 25 belly button cue/ 25 swim (:20 rest) Think about rotating your hips to face the side of the pool 8 x 25 6 kick switch with fins (:15) Feel obliques firing. Sharp, powerful rotation starting at the hips. 500
<b>Main Set</b>	2 x 50 Pull - try 1 50 Pull Buoy low 4 x 25 side kick with fins 100 continuous swim putting it all together (cut 100 if you don't have time) 300	3 x 100 alt. Pull/Swim (:30 Rest) try 1 50 pull buoy low 2 x 150 as 100 6 kick switch w fins/50 swim no fins (1:00 R) 4 x 75 as: 50 smooth/25 fast (:20 rest) 900	4 x 100 Pull alt. Pull buoy high/low (2:20 pace time) 2 x 150 as 100 6 kick switch w fins/50swim no fins (1:00 R) 6 x 75 as: 50 smooth/25 fast (1:45 PT) 900	6 x 100 Pull alt. Pull buoy high/low (2:10 pace time) 2 x 200 as 100 6 kick switch w fins/100 swim no fins (1:00 R) 10 x 75 as: 50 smooth/25 fast (1:30 PT) 1700
<b>Cool Down</b>	50 Double arm back, stretch out pecks and forward positioning 50	100 Double arm back, stretch out pecks and forward positioning 100	4 x 50 build (:20 rest) Flush out the muscles 100 Double arm back, stretch out pecks and forward positioning 200	4 x 50 build (:20 rest) Flush out the muscles 100 Double arm back, stretch out pecks and forward positioning 200
	750 m	1750 m	2400 m	3000 m
	Goal 600m	Goal 1700m	Goal 2300m	Goal 3000m

Cues:

Core tight. Think of where the power come from a golf swing -> the hips

Rotate hips, as well as your shoulders

Ballerina posture/ think of your spine as a torpedo

STCI Nine Week

**Swim Program**

Kick board, Fins, Pull

**Week 3 - Hand placement + Breath (Brody Demo)**

	<b>Beginner</b>	<b>Novice</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Warm Up</b>	3 x 50 Swim	200m as: 50swim/50back/50kick/50swim 1 x 50 pull (:15 Rest)	200m as 50swim/50back/50kick/50swim 2 x 50 pull (:15 Rest)	200m as 50swim/50back/50kick/50swim 2 x 50 pull (:15 Rest)
	2 x 25 kick	2 x 50 kick (:15 Rest) 2 x 25 build speed (:15 rest)	2 x 50 kick (:15 Rest) 3 x 50 build speed (:15 rest)	2 x 50 kick (:15 Rest) 4 x 50 build speed (:15 rest)
	200	400	550	600
	Swim Demo - Body Roll, Hand Placement, Kick, Head position, Watch his pull under water, streamline			
<b>Drill Foc</b>	4 x 25 Black Line	6 x 25 Black Line	8 x 25 Black Line	8 x 25 Black Line
	Rest until the last person finishes the 25m	Rest until the last person finishes the 25m	Rest until the last person finishes the 25m	Rest until the last person finishes the 25m
	4 x 50 B3/B5 (:20 rest)	4 x 75 B3/B5/B3 (:20 rest)	6 x 75 B3/B5/B3 (:20 rest)	8 x 75 B5/B7/B3 (:20 rest)
	300	450	650	800
<b>Main Set</b>	2 x 25 Pull	2 x thru	1 to 2 x thru	3 x thru
	100 Swim with fins rotation thru the hip & hand placement (:30 rest)	200 Swim B3/B5 (:30 rest) 150 Swim with fins rotation thru the hip & hand placement (:30 rest)	300 Swim B3/B5 (:30 rest) 200 Swim with fins rotation thru the hip & hand placement // pull buoys low for set #2 (:30 rest)	300 Swim B3/B5 (:30 rest) 200 Swim with fins rotation thru the hip & hand placement // pull buoys low for set #2 (:30 rest)
		100 Pull (:20 rest)	100 as: 25 back/25 swim	100 back (1:00 rest after each set)
		300 50 back (1:00 rest after each set)	1000 (1:00 rest after each set)	1200 1800
<b>Cool Down</b>	50 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning	4 x 50 build (:20 rest) Flush out the muscles	4 x 50 build (:20 rest) Flush out the muscles
	50	100	100 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning
	50	100	200	200
	<b>850 m</b>	<b>1950 m</b>	<b>2600 m</b>	<b>3400 m</b>
	Goal 600m	Goal 2000m	Goal 2700m	Goal 3400m

Cues:

Black line means that hands are placed on either side of the black line and never cross as it pulls through the stroke  
Breathing is important to train bilaterally. Keeps the muscles symmetrical and prevents injury

STCI Nine Week

**Swim Program**

Kick board, Fins, Pull

**Week 4 - Catch & Pull Thru**

	<b>Beginner</b>	<b>Novice</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Warm Up</b>	2 x 50 Swim	200m as: 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim
	2 x 25 kick	1 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest)
<b>Drill Focus</b>	150	2 x 25 build speed (:15 rest)	400	550
	4 x 25 Flick the water	8 x 25 Pull (:15 rest)	8 x 25 Pull (:15 rest)	8 x 25 Sculling
<b>Main Set</b>	2 x 25 one arm swim	Focus on high elbows and the initial catch	Focus on high elbows and the initial catch	4 x 50 25 1 arm, 25 swim focus on the initial catch
	150	200	200	500
<b>Cool Down</b>	6 x 50 as 25D/25S (:20 rest)	4 x 150 S/D/S (1:00 rest)	6 x 150 S/D/S (3:00 PT)	10 - 8 x 150 S/D/S (3:00 PT)
	D: Odd: 1 arm free, even flick the water	D: Odd: 1 arm free, even flick the water	D: Odd: 1 arm free, even flick the water	D: Odd: 1 arm free, even flick the water
<b>Cool Dow</b>	Put fins on for the last two (or four if they are tired)	1 to 2 x thru 2 x 100 pull (:30 rest)	3 - 4 x 100 pull (2:00) 4 - 8 x 50 swim with fins (:10)	3 x 100 IM (:15 rest) or 100bk 5 x 100 pull (2:00)
	300	1200	1500	2200
<b>Cool Dow</b>	50 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning	2 x 50 build (:20 rest) Flush out the muscles	4 x 50 build (:20 rest) Flush out the muscles
	50	100	200	200
	<b>650 m</b>	<b>1900 m</b>	<b>2450 m</b>	<b>3500 m</b>

Goal 600m

Goal 2000m

Goal 2700m

Goal 3400m

Cues:

[https://www.youtube.com/watch?list=PL838361B765304CA0&time\\_continue=135&v=RZO738a8WQw](https://www.youtube.com/watch?list=PL838361B765304CA0&time_continue=135&v=RZO738a8WQw)

Working the initial catch, hand entry fingers forward, hands relaxed, work on the initial pull and feel the muscles in your back engage.

Pull straight to the hips, and extend and try to make a splash for the drill work.

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Kick board, Fins, Pull

## Week 5 - Hand Placement [+timing]

	Beginner	Novice	Intermediate	Advanced
<b>Warm Up</b>	2 x 50 Swim	200m as: 50swim/50back/50kick/50swim 1 x 50 pull (:15 Rest)	200m as 50swim/50back/50kick/50swim 2 x 50 pull (:15 Rest)	200m as 50swim/50back/50kick/50swim 2 x 50 pull (:15 Rest)
	2 x 25 12.5kick/50swim/12.5kick	2 x 50 kick (:15 Rest) 2 x 25 build speed (:15 rest)	2 x 50 kick (:15 Rest) 4 x 50 build speed (:15 rest)	2 x 50 kick (:15 Rest) 4 x 50 IMO or build speed (:15 )
<b>Drill Focus</b>	Catch up: place hands directly in front of shoulder. Hold hand until the next hand gets there. Use the kick board and your legs. 4 x 25 Catch Up	Catch up: place hands directly in front of shoulder. Hold hand until the next hand gets there. Use the kick board and your legs. 4 x 25 catch up with a board (:15) 4 x 50 25CU/25S (:15) 4 x 75 25S/25k/25S	Catch up: place hands directly in front of shoulder. Hold hand until the next hand gets there. Use the kick board and your legs. 6 x 25 catch up with a board (:15) 6 x 50 25CU/25S (:15) 6 x 75 25S/25k/25S	Catch up: place hands directly in front of shoulder. Hold hand until the next hand gets there. Use the kick board and your legs. 8 x 25 catch up with a board (:15) 8 x 50 25CU/25S (:15) 8 x 75 25S/25k/25S
	5 x 50: 25 catch up holding a board/25 swim Kick strongly!!	350 2 w fins/ 2 no fins repeat 4 x 100 Pace time @ 2:00 2 x 200 Pull	400 2 w fins/ 2 no fins repeat 6 x 100 Perfect Swimming @ 2:20 2 x 200 Pull	600 2 w fins/ 2 no fins repeat 8 x 100 Pace time @ 2:00 1700 400 Pull
<b>Main Set</b>	50 Double arm back, stretch out pecks and forward positioning	4 x 50 25 scull/25 swim (:10 rest)	2 x 50 build (:20 rest) Flush out the muscles	4 x 50 build (:20 rest) Flush out the muscles
	100 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning
<b>Cool Down</b>	50	100	200	300
	Goal 600m	Goal 1700m	Goal 2300m	Goal 3000m
	550 m	1900 m	2500 m	2900 m

Cues:

Catch up means you have to work to keep a float as we are cutting down all the momentum of the stroke

You need to kick strongly to keep your one hand in line of the shoulder, until the other hand rotates back around.

Hand placement should always be right in front of your shoulder. It is not a cross over type of a drill that it was once taught as.

# STCI Nine Week Swim Program

Kick board, Fins, Pull

## Week 6 - Kick [+ finish]

	Beginner	Novice	Intermediate	Advanced
<b>Warm Up</b>	2 x 50 Swim	200m as: 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim
	2 x 50 as 12.5kick/25 swim/12.5kick	2 x 50 pull (:15 Rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest)
<b>Drill Fo</b>	200	300	500	600
	4 x 25 Belly Button Cue Swimming is not on your front but on your side. This drill	Vertical kick 4 x :30 secs with fins rest 1:00	Vertical kick 5 x :45 secs with fins rest :45	Vertical kick 6 x 1:00 secs rest :30 at least 2 dolphin kick
<b>Main Set</b>	2 x 50 Pull - try 1 50 Pull Buoy low	2 x thru:	2 x thru:	2 x thru:
	4 x 25 side kick with fins (cut 100 if you don't have time)	4 x 50 swim w fins/flick H20 (:15) 200 pull (:30) 2 x 50 kick fast with fins (:15) 100 perfect swimming	6 x 50 swim w fins/flick H20@1:10 200 pull (:30) 2 x 50 kick fast with fins (:15) 200 perfect swimming	8 x 50 swim w fins/flick H20 (:15) 400 pull (:30) 4 x 50 IM or kick fast with fins (:15) 200 perfect swimming (1:00)
<b>Cool Down</b>	300 (1:00 rest)	1200 (1:00 rest)	1150	2400
	50 Double arm back, stretch out pecks and forward positioning	2 x 50 build (:15 rest)  100 Double arm back, stretch out pecks and forward positioning	2 x 50 build (:20 rest) Flush out the muscles  100 Double arm back, stretch out pecks and forward positioning	4 x 50 build (:20 rest) Flush out the muscles  100 Double arm back, stretch out pecks and forward positioning
	50	200	200	300
	Goal 600m	Goal 1700m	Goal 2300m	Goal 3000m
	<b>550 m</b>	<b>1700 m</b>	<b>1850 m</b>	<b>3300 m</b>

Cues:

Kicking should come from the hip with an essentially straight leg.

Your loose foot actually creates propulsion.

Verticle kick: stack shoulders above hips, hips above feet. You should not move anywhere if you have a balanced kick.

Too much forward, is usally quad dominat, where too much backwards - check to see if you are sticking out your bum.

## Week 7 - Recovery / Body Roll

	Beginner	Novice	Intermediate	Advanced
<b>Warm Up</b>	3 x 50 Swim	200m as: 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim
	2 x 25 kick	1 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 2 x 25 build speed (:15 rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 3 x 50 build speed (:15 rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 4 x 50 build speed (:15 rest)
<b>Drill Foc</b>	2 x 25 sculling w pull buoy (:15 rest)	4 x 25 sculling w pull buoy (:15 rest)	4 x 25 sculling w pull buoy (:15 rest)	8 x 25 sculling w pull buoy (:15 rest)
	3 x 50 25 touch your arm pit/25 swim thinking of body roll (:15)	3 x 50 25 touch your arm pit/25 swim thinking of that roll (:15)	4 x 50 25 touch your arm pit/25 swim thinking of that roll (:15)	6 x 50 25 touch your arm pit/25 swim thinking of that roll (:15)
<b>Main Set</b>	100 continuous swimming	2 x 200 as: 75S/25 finger tip drag ( :30)	2 x 200 as: 75S/25 finger tip drag ( :30)	4 x 200 as: 75S/25 finger tip drag@4:00
	2 x 50 Pull - try 1 50 Pull Buoy low	4 x 50 kick w fins (:15)	4 x 50 kick w fins (:15)	6 x 50 kick w fins @ 1:10
	4 x 25 side kick with fins	3 x 100 Pull alt. Pull buoy high/low (:15)	3 x 100 Pull alt. Pull buoy high/low (:15)	6 x 100 Pull alt. Pull buoy high/low @ 2:10
		3 x 100 swim w fins (:30) 4 x 25 6 kick switch with fins (:15)	3 x 100 swim w fins @ 2:20 6 x 25 6 kick switch with fins (:15)	4 x 100 swim w fins @ 2:00 10 x 25 6 kick switch with fins (:15)
<b>Cool Down</b>	50 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning	4 x 50 build (:20 rest) Flush out the muscles	4 x 50 build (:20 rest) Flush out the muscles
		100 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning
	50	100	200	200
	750 m	2050 m	2100 m	3250 m
	Goal 600m	Goal 1700m	Goal 2300m	Goal 3000m

**Cues:**

Sculling is intended to be fingertip down and arms above the head. Arms should be generally straight and movement comes from the wrist. Recovery of the arm is meant to be as easy as possible. The drills here make you focus on your body roll as you recover your arm stroke. Some people whip their arms to the front, but they do keep rolling.

STCI Nine Week

**Swim Program**

Kick board, Pull

**Week 8 - Time Trial & Streamlines**

	<b>Beginner</b>	<b>Novice</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Warm Up</b>	3 x 50 Swim	200m as: 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim
	2 x 25 kick	1 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 2 x 25 build speed (:15 rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 3 x 50 build speed (:15 rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest) 4 x 50 build speed (:15 rest)
<b>Main S Drill Focus</b>	Push off the wall and see how far	100 swim fast timed	100 swim fast timed	100 swim fast timed
	4 x 25m streamlines underwater to the flags	Push off the wall and see how far	Push off the wall and see how far	Push off the wall and see how far
	2 x 50 no rest at the 50 - talk about turns	4 x 15m turns & streamlines 100 fast timed 4 x 50 perfect swimming with	5 x 15m turns & streamlines 100 fast timed 5 x 50 perfect swimming with	6 x 15m turns & streamlines 100 fast timed 6 x 50 perfect swimming with
<b>Cool Down</b>	How many laps can you do without stopping for more than 3 seconds at each end	300m timed 2 x 150 as 50 pull/100 swim (:30) 3 x 100 perfect swimming (:15)	750 timed 2 x 150 as 50 pull/100 swim (:30) 4 x 100 perfect swimming @ 2:30	1500 timed 2 x 150 as 100 pull/50 swim @ 3:10 4 x 50 kick (:10)
	50 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning	2 x 50 build (:20 rest) Flush out the muscles 100 Double arm back, stretch out pecks and forward positioning	4 x 50 build (:20 rest) Flush out the muscles 100 Double arm back, stretch out pecks and forward positioning
	50	100	200	300
	<b>750 m</b>	<b>1750 m</b>	<b>2250 m</b>	<b>3400 m</b>
	Goal 600m	Goal 1700m	Goal 2300m	Goal 3000m

Cues:

Strong arms, no superman's, hands need to overlap. Ask your neighbour to rip them apart... the water will do this for you. Rotate along the spine, hands enter flat in front of your shoulder, pull through the hip.



STCI Nine Week

**Swim Program**

Kick board, Fins, Pull

**Week 9 - The favourites [Catch & Finish]**

	<b>Beginner</b>	<b>Novice</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Warm Up</b>	2 x 50 Swim	200m as: 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim	200m as 50swim/50back/50kick/50swim
	2 x 25 kick	1 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest)	2 x 50 pull (:15 Rest) 2 x 50 kick (:15 Rest)
<b>Drill Focu</b>	2 x 25 1 arm Swim	2 x 25 build speed (:15 rest)	3 x 50 build speed (:15 rest)	4 x 50 build speed (:15 rest)
	4 x 25 Flick the water	6 x 50 Drill (:15 rest) 2 Catch, 2 Flick H20, 2 Scull	12 x 50 Drill (:15 rest) 3 Scull, 3 Catch, 3 Flick H20, 3 1arm	12 x 50 Drill (:15 rest) 3 Scull, 3 Catch, 3 Flick H20, 3 1arm
<b>Main Set</b>	Focus on high elbows and the initial catch	Focus on high elbows and the initial catch	Focus on high elbows and the initial catch	Focus on high elbows and the initial catch
	3 x 50 as 25D/25S (:20 rest) D: even flick the water	4 x 150 S/D/S (1:00 rest) D: Odd: 1 arm free, even flick the water	6 x 150 S/D/S (3:30 PT) D: Odd: 1 arm free, even flick the water	8 x 150 S/D/S (3:00 PT) D: Odd: 1 arm free, even flick the water
<b>Cool Dow</b>	3 x 50 Pull focus on the initial catch (:15)	3 x 100 pull (:30 rest) 4 x 50 swim with fins (:15)	4 x 100 pull finger paddles (2:00) 6 x 50 swim with fins @ 1:10	2 x 100 IM (:15 rest) or 25bk/25S 5 x 100 pull w finger paddles (2:00) 8 x 50 swim with fins @ :55
	50 Double arm back, stretch out pecks and forward positioning	100 Double arm back, stretch out pecks and forward positioning	2 x 50 build (:20 rest) Flush out the muscles 100 Double arm back, stretch out pecks and forward positioning	4 x 50 build (:20 rest) Flush out the muscles 100 Double arm back, stretch out pecks and forward positioning

650 m

1900 m

2450 m

3500 m

Goal 600m

Goal 2000m

Goal 2700m

Goal 3400m

Cues:

[https://www.youtube.com/watch?list=PL838361B765304CA0&time\\_continue=135&v=RZO738a8WQw](https://www.youtube.com/watch?list=PL838361B765304CA0&time_continue=135&v=RZO738a8WQw)

Working the initial catch, hand entry fingers forward, hands relaxed, work on the initial pull and feel the muscles in your back engage.

Pull straight to the hips, and extend and try to make a splash for the drill work.