

WEEK 1-2

PURPOSE: Feel for the water during all three phases of the underwater pull (high-elbow catch, diagonal, and finish).

WARM-UP

4 × 75 @ 0:15 rest **60-65%**

50 swim / 25 horizontal scull drill

DRILL SET

3×

0:40 standing scull drill @ 1:00

4 × 25 one-arm drill @ 0:15 rest **70-75%**

Round 1: Focus on arcing upper arm slightly outward and pointing elbow up as hand/forearm direct down for catch

Round 2: Focus on pitch of hand/forearm during diagonal phase

Round 3: Focus on pitch of hand during finish phase

MAIN SET

6 × 200 @ 0:20 rest **70-75%**

50 one-arm with kickboard drill / 150 swim

1-2: Focus on high-elbow catch phase

3-4: Focus on diagonal phase

5-6: Focus on finish phase

KICK SET

6 × 50 kick @ 1:00, 1:15, 1:30, or 1:45..... CHOOSE INTERVAL FOR 0:10-20 REST
 25 ALL-OUT **100%** / 25 easy **60-65%**

BONUS SET

6 × 100 @ 1:50, 2:00, 2:15, or 2:30 **70-75%**..... CHOOSE INTERVAL FOR 0:20-30 REST
Odds: 50 Tarzan drill / 50 dog-paddle drill
Evens: 100 pull with buoy

WARM-DOWN

100 easy **60-65%**

TUBING SET

5×..... REST 1:00-1:30 BETWEEN SETS

10-15 full pulls

5-10 triceps-only

Free or fly, your choice

Rounds 1, 3, 5: Focus on high-elbow catch during full pulls

Rounds 2, 4: Focus on diagonal phase during full pulls

Triceps-only: Focus on finish phase of stroke

TOTAL: 2200 (2800 with bonus set) + tubing