**Workout #9: Shoulders, Elbows, Wrists….**

Before the Workout, please watch/read:

* **Karlyn Pipes Hand Placement:** https://www.youtube.com/watch?v=ZTQpF\_mmg44
* **High Elbow Catch**: <http://blog.goswim.tv/articles/5906>
* **Relax and FEEL**: http://blog.goswim.tv/articles/8481

**WARM UP: 600 yds.**

* 200 slow, easy freestyle
* 200 kick on side, bottom arm reaching overhead, other arm by side, eyes to bottom of pool
* 200 catch up pull freestyle with buoy, snorkel, ankle strap, paddles
* 200 swim

**LESSON(S):** Elbows UP, Fingers DOWN, NO BENT WRISTS

**Drills: 400 yds.**

2 x 50: 25 scull w/pull buoy, 25 pull

2 x 50: 25 half stroke/underwater recovery drill, 25 swim

2 x 50: 25 catch up drill (FEEL THE CATCH), 25 swim

2 x 50: 50 easy swim

**WORKOUT: 1,000 yards**

**4 x 50s, rest :15 DESCEND (each one faster)**

**2 x 100s, rest :15, 2nd 50 faster than first (NEG SPLIT)**

**1 x 200s, STEADY and HARD**

**2 x 100s, rest :15, 2nd 50 faster than the first**

**4 x 50s, rest :15 Descend!!**

**Cool Down:** 100 Easy

**TOTAL YARDAGE: 1,900 yards (1 mile = 1,760 yards)**