**Workout #6: Hips & Core in Swimming**

Before the Workout, please watch:

Freestyle Rotation: <https://www.youtube.com/watch?v=5eDQ6QlVFEw>

More Rotation: https://www.youtube.com/watch?v=pauLv0D3jzk

**WARM UP: 600 yds.**

* 200 swim freestyle
* 200 kick on back or side
* 200 pull w/paddles, buoy, snorkel
* 200 swim freestyle

**DRILLS:**  **800 yds**

Rest :15 on all of these

4 x 50: paddle on right hand, fin on left, breathe on LEFT

4 x 50: paddle on left hand, fin on right, breathe on RIGHT

4 x 50: Swim with paddles and fins

4 x 50: Swim with no toys

**WORKOUT: 400-800 yds.**

For 10-15 minutes:

* + - * Swim or pull 100, rest :10
* Kick 25/Catch up drill 25, rest :10
	+ use pull buoy as kick board, then do catch up drill using pull buoy as (no fins but snorkel is FINE….)
	+ REPEAT from top

**Cool Down: 100**  Easy

**TOTAL YARDAGE: 2,050 yards (1 mile = 1,760 yards)**