**Workout #6: Great Body Position**

Before the Workout, please READ/WATCH:

* Streamline: <http://www.goswim.tv/entries/5996/all-strokes---simple-streamline.html>
* Catch Up Drill: <http://www.goswim.tv/entries/5834/freestyle-catch-up-catch.html>
* Body Position: https://www.youtube.com/watch?v=C5yIAkKKEMI l

**WARM UP: 800 yds/12 minutes**

* 200 Swim (8 lengths), any stroke, relax and wake up (no fins)
* 200 Pull or Drill w/snorkel (your choice: do what YOU need to work on!!)
* 200 Kick with fins on side (face down, body at an angle in streamline; turn head only to breathe): bottom arm stretched out over head, top arm by side. RELAX.
* 200 Swim EASY

**DRILLS: 900 yards/20 minutes**

* 4 x 75 kick/swim/kick with FINS, rest :15
  + 25 Kick in streamline at a 45 degree angle, arm overhead (STRETCH OUT!), kick 6 time, take one stroke to breathe, kick 6 times, then breathe on other side, etc.
  + 25 Swim w/fins
  + 25 Kick in streamline and alternate
* 4 x 75 swim/pull with paddles + SNORKEL & use buoy as board, rest :15
  + Catch up drill, catching up to buoy
  + Pull with buoy and snorkel, paddles
  + Catch up drill, using buoy at a “board”
* 4 x 75 swim, no toys, rest :15
  + EASY 25/Build to fast 25/EASY 25

**WORKOUT: 300 yards/30minutes**

Descend each “set”, swim the last 100 FAST

4 x 25 Rest :30

Rest 1:00

2 x 50 Rest :30

Rest 1:00

1 x 100 FAST

**TOTAL YARDAGE: 2,000 yards (1 mile = 1,760 yards)**