**Workout #10: Early Vertical Forearm**

**WATCH:** https://www.youtube.com/watch?v=6952cAAXHFk&feature=emb\_title

**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 swim

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

**Drills (SNORKEL RECOMMENDED): 400 yds.**

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

2 x 50: 25 FIST PULL w/pull buoy, 25 pull

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

2 x 50: 50 easy swim

**WORKOUT: 1,100 yards**

**300s, STEADY, rest :30**

**2 x 150s, rest :30, LAST 50 faster than 1st 100**

**4 x 75s: 25EASY, 25 MOD, 25 HARD, rest :20**

**8 x 25s on 1:00, BUILD (start easy🡪SPRINT to WALL)**

**Cool Down:** 100 Easy

**TOTAL YARDAGE: 2,200 yards (1 mile = 1,760 yards)**