

Pawel Rudzinski



Here is an example of a session which helps to **fix the alignment.**

### Warm up

200 m fc - nice and relaxed + 15 s break

200 m fc pull buoy - good roll and bilateral breathing - focus on exhalation and early breathing with arm entry + 15 s

200 m fc fins - as 50 m broken arrow drill + 50 m fc with higher arm recovery + 15s

<https://www.youtube.com/watch?v=HkrwIAJfS4U>

200 m fc long finger enters right in front of the shoulder - usually it feels wider than regular stroke - get a feed back from a person at the pool bank to get the alignment right. Remember the new feeling and stick to it! + 15 s

200 m fc - focus on swimming through the imaginary corridor



### Build Set

10 x 50 m as 10 m scull 1 + 10 m scull 2 + 30 m fc + 5 s - feel good, firm grip and good pace + 5 s break

### Main Set 3 x 500 m continuously + 30 s break with three different drills

Drill no 1 fins - Side kicking - finger tips lower than wrist, wrist lower than elbow, elbow lower than shoulder. Keep shoulder blades slightly together for the better alignment. Feel your hips right on top.

Swim drill on left side then on right side then fc and stay focused on the alignment with the arm slightly dropped down and relaxed.

<https://www.youtube.com/watchv=TaH2dfNkMko>

Drill no 2 fins - 6 - 1 - 6 - finger tips lower than wrist, wrist lower than elbow, elbow lower than shoulder. Keep shoulder blades slightly together for the better alignment. Let your body follow your arm

when it enters the water.

<https://www.youtube.com/watch?v=N2kpe-QMAG4>

Drill no 3 fins - 6 - 3 - 6 - focus points as in 6-1-6 + control your rotation.

<https://www.youtube.com/watch?v=mcgj3rjH2ME>

25 m drill + 25 m fc

50 m drill + 50 m fc

75 m drill + 75 m fc

100 m drill + 100 m fc

### Cool down

300 m as 50 m fc + 50 m broken arrow drill

### Total distance

3300m

## **Technique session to improve catch and pull through**

### Warm up

200 m fc - nice and relaxed + 15 s

200 m as 25 m torpedo kicking + 25 m fc - focus on long core + 15 s rest - when doing the drill keep the arms clamped on the back side of your head and look straight down. Arms should be about 1 foot under the water. Slightly press the water with

the chest to feel your lower body on top.

<https://www.youtube.com/watch?v=zYfPuj2ui3o>

200 m fc pull buoy breathe on your less comfortable side + 15 s rest

200 m fins as 50 m 6 - 1 - 6 + 50 m fc - focus on the alignment + 15 s rest

200 m fins as 50 m 6 - 3 - 6 + 50 m fc - focus on the rotation and the alignment + 15 s rest

### Build set

400m fins as 25 m left unco drill + 25 m fc + 25 m right unco drill + 25 m fc - 500 m continuously - feel heavier grip with the arm after the drill

<https://www.youtube.com/watch?v=aYagyjgpzFQ>

4 x 50 m as 12.5 m scull 1 + 37.5 m fc + 5 s rest - feel earlier catch

4 x 50 m as 12.5 m scull 2 + 37.5 m fc + 5 s rest - feel heavier grip + remember that when arm is pulling through, your thumb should go right underneath your shoulder

### Main Set 3 x 500 m continuously + 30 s break with three different exercises

Exercise no 1 - Extended doggy paddle - make sure you pass your hip - focus on early vertical forearm - press the water with the fingertips - snorkel and pull buoy recommended -

<https://www.youtube.com/watch?v=an2LA9MNie8>

Exercise no 2 - front crawl with the fists - catch the water with your forearm - feel more firm grip when doing normal fc

Exercise no 3 - shoulder tap drill with the fins -

makes sure when touching your shoulder the leading arm is not dropping and stays straight.

25 m drill + 25 m fc

50 m drill + 50 m fc

75 m drill + 75 m fc

100 m drill + 100 m fc

### Cool down

300 m as 50 m back crawl + 50 m fc - nice and relaxed

### Total distance

3600m

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