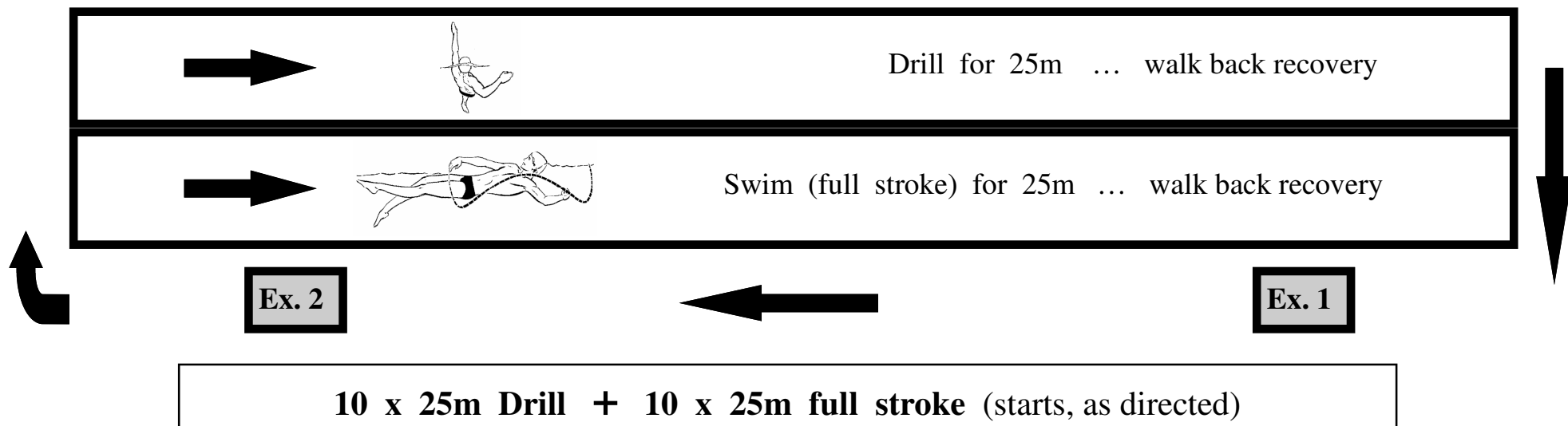


# BACKSTROKE



**Drills** ... (with, or, w/o fins .. as directed)

1. **Lateral B/K .. left arm forward**
2. **Lateral B/K .. right arm forward**
3. **Lateral B/K .. 6 or 8 kick / 3 stroke switch (change)**
4. **Rotators .. hands by side; rotation starts at the hip (6-8 kicks)**
5. **Cup-on-the-Head .. head still – head back – hips up**
6. **½ Recovery Rotators (6-8 kicks .. fast rotation)**
7. **Cup-on-the-Head .. full stroke**
8. **Cup-on-the-Head .. Rotators**
9. **“Titanic” .. B/K or FLY Kick .. head back / hips up**
10. **Full stroke**

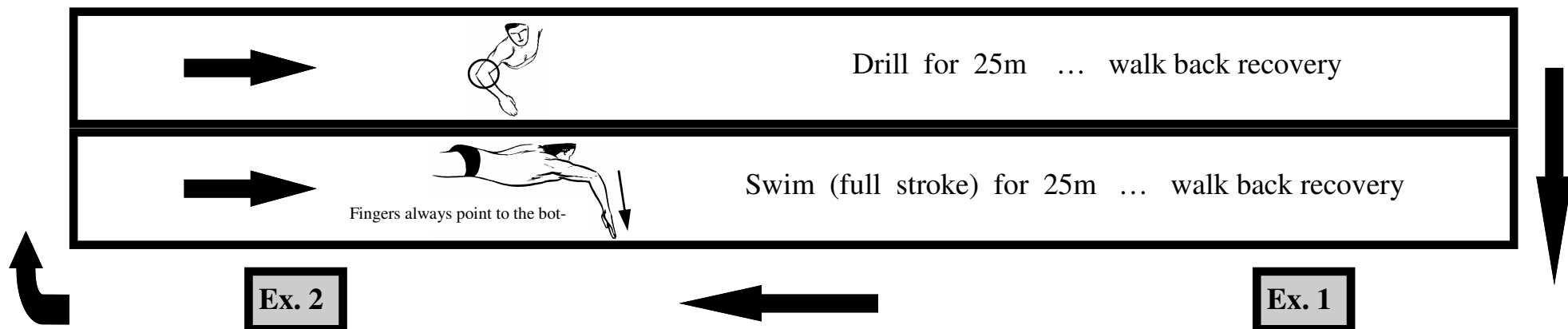
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*B/K: Fast Arms – Fast Kick*

**(Some) Key Performance Factors**

- Fast dolphin kicks off the wall
- Streamlined body
- Head is still (set); water at ear level (ears in the water)
- Straight (high) arm recovery
- “slow” first ½ recovery → accelerate second ½ recovery (rotate / accelerate)
- Hip high position
- Continuous arm movement (11:00 and 1:00 o’clock entry)
- Continuous kick: knees beneath surface; only toes break surface
- Strong, narrow kick

# FREESTYLE



10 x 25m Drill + 10 x 25m full stroke .. bilateral breathing (starts, as directed)

**Drills** ... (with, or, w/o fins .. as directed)

1. Lateral F/S .. left arm forward
2. Lateral F/S .. right arm forward
3. Lateral F/S .. 6 or 8 kick / 3 stroke switch (change)
4. Lateral F/S .. 8 kick – 1/2 recovery / 3 stroke switch (change)
5. Torpedo (Streamline) F/S Kick
6. 9 Lateral Kicks (right) ► 9 strokes
7. 9 Lateral Kicks (left) ► 9 strokes
8. Arms Folded F/S Kick
9. Lateral F/S .. 6 or 8 kick / 3 stroke switch (change)
10. Full stroke .. bilateral on 5 (relatively slow arms – fast kick)

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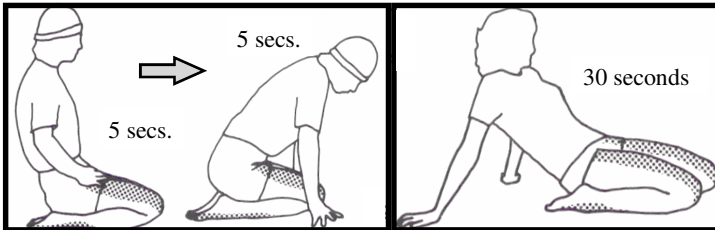
*Freestyle  
Relatively Slow Arms  
Fast Kick*

(Some) Key Performance Factors

- Bent Arm Recovery with slight elbow lead .. thumb first
- Controlled breathing and head position
- Head is rolled (not lifted) for inhalation; head still on non-breathing stroke
- Entry sequence: fingertips – wrist – elbow – shoulder (no splash entry)
- Shoulder lift first
- Hand entry in line with shoulder
- Long stroke – rel. slow arms
- Strong, continuous kick with extended legs / pointed toes

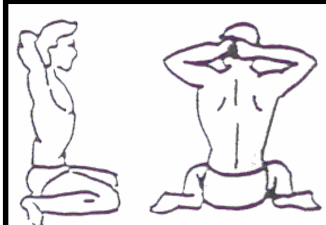
# Examples of Exercises

(Coach – Swimmer selected: *every swimmer is an experiment of one*)



## Ankle Stretch

Sit on feet with toes extending backwards.  
Allow knees to lift if necessary.  
Stretch muscles of the shin.  
Stop if you feel knee pain.



## Breaststroke Stretch

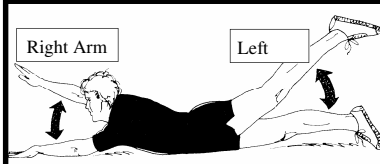
**VITAL** ... feet turned out; upright “tall” posture.  
Keep a “strong position”... “sit tall”  
Stop if you feel any knee pain.  
Maintain position for **60** seconds.



## Push Up Hold Position

Fit Ball Variation

Athlete holds the position for **2½ minutes** or until there is a significant alteration. The **Test Position**: lie face down on a comfortable, flat surface; arms placed in push-up position, with hands underneath the shoulders legs straight; toes turned under. Athlete pushes up until arms are fully extended; eyes looking directly towards the ground. Back of the head, shoulder blades and buttocks should all be aligned. Position to be held **without variation** (hips must not sag, nor should the head be raised or lowered.)



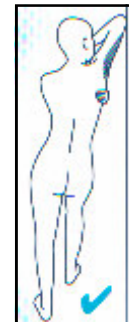
## Cross Body Lifts

Hold lifts: 3-5 seconds

The athlete is required to hold the position until that position is “*altered significantly*”. Lie face down on a comfortable flat surface; legs fully extended, toes pointed (*streamlined*); feet together; arms extended straight forward; fingers stretched; palms down; face looking directly downward, nose touching the ground; both legs to be raised in a straight streamlined position, with knees well clear of the ground, with at least the mid-point of the thigh off the surface. The position is to be held without variation.



See separate stretches and circuit sheets



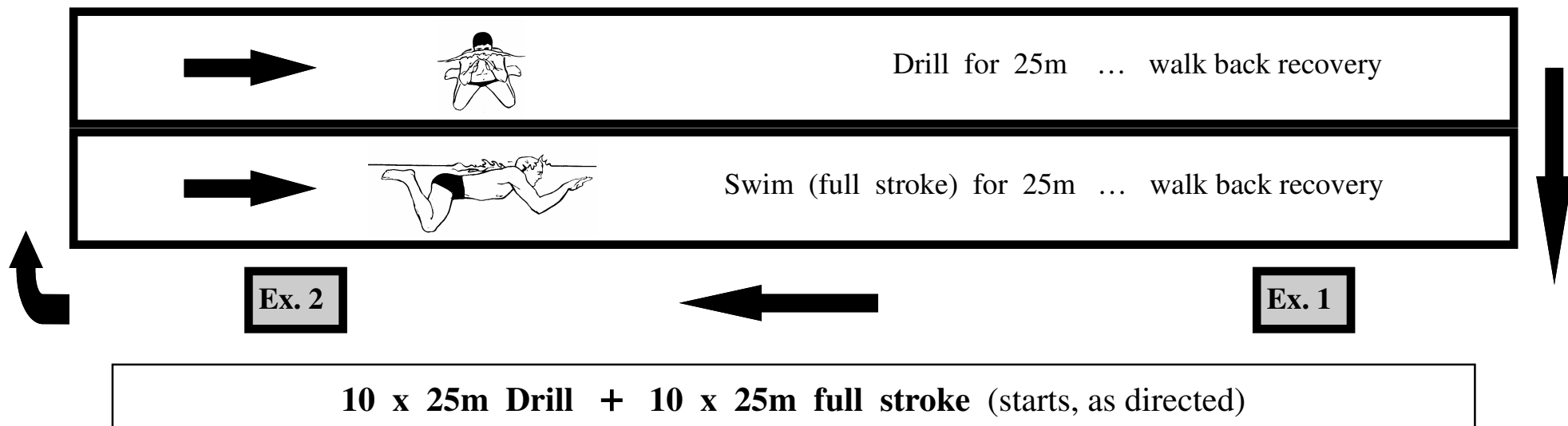
**TV Stretch:** 60-300 secs.  
Stretching can be informal

## Examples

- **Pulleys**
- **Sit-Ups .. Variations** (incl. Hanging Abs)
- **Push Ups .. variations** (incl. Poolside Push Ups and Dips)
- **Chin Ups .. variations**
- **Fit Ball / Swiss Ball / Pilates** (circuit or specific exercises)
- **Medicine Ball** (circuit or specific exercises)
- **Bar (and/or Dumbbell) Exercises** (circuit or specific exercises) espec. Bent-Over & Upright Rowing
- **Bounding .. must** have sneakers (Pre-Jump – Explosive – Laterals)
- **Stroke-specific exercises .. e.g.** B/R Dips; threadband drills
- **Skipping**
- **Cross Body Lifts**
- **Punching Bag**
- **Stretches: stroke specific**

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# BREASTSTROKE



## Drills ...

1. **Streamline B/R Kick on back**
2. **Heels to Hands .. on back**
3. **Heels to Hands .. on front**
4. **1 Pull - 2 Kicks**
5. **6-8 Max. B/R Kicks: streamline under water ► 1P – 2K**
6. **Full Stroke .. 3 second hold (Heels Together – Hands Apart)**
7. **B/R – Pull Buoy (or Band) .. FLY Kick .. fast arms (no pause)**
8. **1P – 1K ► 1P – 2K ► 1P – 3K ... repeat**
9. **6 strokes: Left Hand/Right Foot ► Right Hand/Left Foot**  
(each side) (Focus on the scull out)

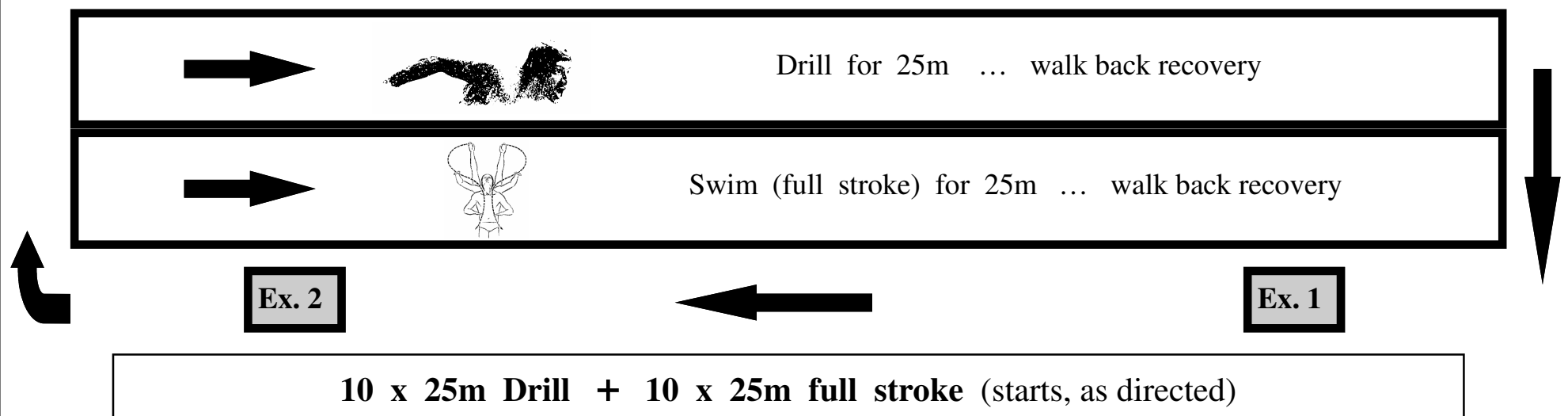
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B/R: Fast (powerful) Kick

### (Some) Key Performance Factors

- **Kick – Glide – Hips/Heels – Pull & Breathe**
- **Legs make same motions at the same time**
- **Elbows high: just below the surface during the pull**
- **Both feet turned out on the kick**
- **Knees inside feet on kick back**
- **Arms pulling outwards to 10:00 and 2:00 o'clock in a locked position after the kick is complete**
- **Legs up “slowly” .. kick “fast”**
- **High hip position**
- **“Long” Arms; head down at the commencement of the stroke**

# BUTTERFLY



**Drills** ... (with, or, w/o fins .. as directed)

1. Streamline FLY Kick on back
2. Arms Folded FLY Kick on back
3. Streamline FLY Kick on front
4. 4 Strokes .. 8 kicks .. head down / no breath ► FTD F/S
5. Arms folded FLY Kick on front – 6 kicks/breathe – continuous
6. Arms folded – extend – scull out / in – arms folded – breathe
7. 6 Strokes .. 12 kicks .. head down / no breath ► FTD F/S
8. Dolphin (*Biondi*) Drill
9. Dolphin (*Biondi*) Drill +1
10. *Ball-beneath-Chin* .. breathe every 2 or 3 strokes

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*Fast Kicks*

(Some) Key Performance Factors

- Feet together with *kick in* (hand entry) and *kick out* (hand exit)
- Continuous arms together; straight arm recovery, little finger first
- Breath just prior to arm recovery
- Feet together on kick
- Complete arm extension on entry; hands drive forward, not down; “long” arms, head down at the commencement of the stroke
- No pauses in timing; kick into and out of the stroke
- In-sweep of pull to midline, thumbs almost touch under the belly button; strong “push out” finishes down the line of the body