



Relax - extend your reach; hold the stretch for 10-15 minutes on each side, each day; relax into the stretch ... as you improve (over several days/weeks) elevate your elbow (e.g. 2-4 cm. ... simply place a book beneath your elbow .. your reach (length of stroke) will improve.

Do you remember the two fundamental ways to swim faster?

1. More
2. Same

Know the answer? Win a prize.

