

Workout 05: Streamline

Warm-Up

Technique focus for warm-up: Squeeze through the smallest hole possible.
Take 3-5 breaths between repeats

3 x 2 Laps: Easy freestyle

Streamline Focus

Standing Streamline Position

Partner exercises: Face-down streamline

Support swimmer's feet in face-down streamline

Gently launch swimmer in face-down streamline

Experience the cost of going out of streamline (without partners):

Get balanced kicking in face-down streamline, breathe by raising chin. What happens?

1 Lap kicking in face-down streamline

1 Lap kicking in face-up streamline (flat on back)

Streamline from the wall: Stand sideways to the wall, holding onto it with one hand. (If there is nothing to hold onto, start with your back to the wall.) Drop into the water and into the streamline position as you plant your feet on the wall at shoulder width. Your upper body should be 12-18" below the surface and parallel to it. Push off evenly with both legs and glide, while maintaining a perfect streamline from head to toe. You should glide to the surface, with your body parallel to it.

Partner exercises:

Support in side-lying streamline

Tow by leading hand in side-lying streamline

2 Laps kicking in side-lying streamline

Streamline from the wall to freestyle: Streamline from the wall as above. As you feel yourself decelerate, rotate to one side by bringing one leg slightly back (learn to do this on both sides). As you near the surface, take your first kick with your lower leg to begin rotation to the other side, and simultaneously take your first stroke with your lower arm. This "breakout" stroke is a very fast, light and compact stroke to maintain your speed – it is NOT a "power stroke". Begin normal freestyle swimming as you rotate to the other side. Generally speaking, avoid breathing on your first stroke.

Open Turns: As you touch the wall with one arm extended, tuck your legs (knees to chest), drop on your back and into the water, streamline and push off evenly, about a foot below the surface. Glide to the surface on your side, and begin stroking again (first stroke is with the lower arm).

Video

Underwater – one length plus open turn and a few strokes.

Warm-Down

Focus on complete rotation at very slow, but even speed.

1 x 4 Laps easy swimming.

Video Review

Focus: Streamline position