

Before Getting Wet

Review Posture, Streamline, and Rotation on the deck with the following exercises:

- Backstroke Arms: Shoulder Recovery, Elbow Press
- Freestyle Arms: Elbow Recovery, Elbow Press

Review Previous Drills and Exercises

- Backstroke Progression
 - Dynamic Back Balance – try to get a slight hip rotation every 3rd kick
 - Backstroke – try to rotate your hips every 3rd stroke
 - 4 Back 3 Free – with freestyle, try for just one kick per stroke
- Freestyle Drill Progression (focus)
 - Single-Stroke Fingertip Drag-and-Drive Corkscrew (rotational kick)
 - 9-3-9 Fingertip Drag-and-Drive Drill (two-beat kick)
- Underwater Recovery Freestyle (six-beat kick)
- Catch-Up Fingertip Drag-and-Drive Drill (six-beat kick)
- Freestyle – use a six-beat kick for several laps, then a two-beat kick

Open Turns and Flip Turns

Now that you have mastered streamlining from the wall, an open is easy! Flip Turns aren't too difficult either. I use progressions very similar to the ones from GoSwim. See the **Open Turns** and **Flip Turns** pages on the Breakwater website (look in the **Videos** directory from the menu).

Tools

It almost never hurts to try a tool to experience something differently in the pool or out. We have used some in this program, others you might want to try include the Front Mount Swimmer's Snorkel, Tempo Trainer, Paddles.

Tests

How do you know if you are improving? Test yourself. Maybe once every 4-8 weeks.

Strokes per Length (SPL): Count your hand hits for one length of swimming. The underwater pull-out stroke does not count. There is no perfect stroke count. It is different for every swimmer, and for each swimming "gear" that you have (slow, medium, fast, for example). Generally speaking, lower is better.

T20 or T30 Time: Swim continuously for twenty or thirty minutes and note how many yards you can cover in that amount of time.

Swimming Golf Score: Time yourself and count your strokes for 50 yards. Add the seconds and strokes and you have your Swimming Golf Score.

Final Video: Freestyle Swimming (Backstroke optional)