

Before Getting Wet

Review Swimming Posture, Add Streamline. Your core swimming posture connects your head, chest and hip blocks to form a single unit. If these blocks are connected loosely, you will never reach your potential as a swimmer. Pulling your belly in connects your hip and chest blocks. Lengthening your neck and pulling your chin back connects your chest and head blocks.

You need to come off every wall in the streamlined position. After planting your feet on the wall but *BEFORE* pushing off, you must lock your head/chest/hip blocks into a single unit. After you push off, for just a second or two you will be gliding in streamline, and during this time you can re-check your core swimming posture before beginning your breakout.

- **Standing Swimming Posture:** Belly in, neck tall, eyes straight ahead. Relax and then snap to good posture. Repeat several times.
- **Standing Streamline:** Begin in swimming posture (above). Raise arms straight overhead – hand over hand, wrist over wrist, head squeezed between arms. Relax and then snap to good posture. Repeat several times.
- **Standing Off-the-Wall Streamline:** Same as above, but rather than standing up straight, do the exercise while squatting 25%. This simulates your body position at the instant when you push off the wall.
- **Swimming Posture on the Mat:** Lie on you back on a mat, knees raised with feet on the floor. Repeat several times:
 - Relax – you will have natural arches in your lower back and neck.
 - Using your core muscles only (not your legs), press your lower spine into the mat, flattening it as much as possible.
 - Grow your neck tall, pressing your chin towards your spine, flattening your upper spine as much as possible on the mat.
- **Streamline on the Mat:** Begin as above, and repeat two times.
 - Lift your arms to 90°.
 - Maintaining your posture, slowly lower your arms to the floor, and lock your hands to streamline position. This simulates your body position at the instant when you push off the wall.
 - Maintaining the streamlined position, relax your core posture a bit and then snap back to solid swimming posture three times.
- **Backstroke Kicking on the Mat:** Repeat three times.
 - Relax and then snap to swimming posture.
 - Slide your feet forward and lower your legs to the floor, toes pointing away. Do this without allowing a large arch to open in your lower back.
 - Flutter kick gently for 10-30 seconds. You want to imprint two things: holding your core solid while kicking, and kicking from your hips without bending your knees.
- **Freestyle Kicking on the Mat:** On your belly, head resting on hands, repeat 3 times.
 - Relax and then snap to swimming posture face down.
 - Flutter kick gently for 10-30 seconds. Imprint two things – see above.

Introducing Side Balance

Side balance is a very important **drilling** position to master.

The side balance position: Lie on your side on a mat. Lower arm extended, palm down. Head looking straight down. Shoulders and hips are vertical. Upper arm relaxed and resting on side. Snap to swimming posture and relax a few times. Try a flutter kick while maintaining swimming posture. Note that you are kicking towards the side, not down. Repeat on other side. ***In side balance in the water, you will be kicking towards the side wall, not the bottom. Your brain will resist this and will try to kick towards the bottom. Ignore those impulses!***

Review Lesson 1 Pool Exercises and Drills

- Bottom Float
- Dead Man's Float
- Dead Man's Float to Front Balance
- Back Balance (kick on your back, two lengths)

Lesson 2 Pool Exercises and Drills

Dynamic Back Balance: Begin in back balance position (both arms at sides), roll slightly to one side while keeping your head looking straight up. Maintain swimming posture. Return to back balance and repeat, rotating to the opposite side.

Extended Back Balance: Begin in back balance position, then extend one arm forward and rotate your core slightly onto that side, while keeping your head straight up.

Breathing Review at the Wall: Practice Bobs – exhale through nose, inhale through mouth.

Extended Back Balance to Side Balance: Begin in back balance position, move to side balance, then rotate all of the way onto your side with your eyes looking straight down at the bottom. Begin exhaling through your nose as your head goes into the water. When it's time to breathe, roll onto your back leaving your arm extended. Leave the same arm extended all of the way down the pool. Extend the other arm on the return trip.

Extra Credit: Side Balance with Swimming Breathing: Remember to exhale from your nose while your face is in the water. The force of the exhalation depends on your level of exertion. To breathe: lean on your lower armpit and lat, rotate your head just enough so that your mouth clears the water, exhale a little more forcefully as your face clears the water, inhale quickly from your mouth, rotate your head back to the head-down position. Important points: Keep most of the weight of your head in the water. **Do not lift your chin.**

Underwater Video: Side Balance

Sample Practice Session Following Lesson 2

Be patient and work slowly and mindfully. Do not practice struggle.

- **Bottom Float:** three times.
- **Dead-Man's Float to Front Balance:** Five minutes.
- Five minutes each, resting at the end of each length:
 - **Back Balance**
 - **Extended Back Balance**
- **Extended Back Balance to Side Balance** (breathing on your back): Ten minutes.
- **(Extra Credit) Side Balance with Swimming Breathing:** Ten minutes. Take three Bobs at the wall to establish a regular breathing pattern. Push off the wall and go immediately to side balance. As necessary, rotate your face to the air to breathe. Rest for several bobs at the end of each length. Breathe early and often to burn in good breathing form!