

Before Getting Wet

Review Posture, Streamline, Backstroke & Freestyle Arms on the Deck

- Backstroke Arms (NOT focusing on hands)
 - Shoulder Recovery
 - Elbow Press
- Freestyle Arms (NOT focusing on hands)
 - Elbow Recovery
 - Elbow Press
- Swimming Posture & Streamline

Review Previous Pool Exercises and Drills

- Kicking in Back Balance (to get warm)
- Bottom Float
- Dead Man's Float
- Dead Man's Float to Front Balance
- Backstroke Progression
 - Dynamic Back Balance
 - Extended Side Balance Face Up
 - Backstroke, focusing on:
 - Shoulder Recovery
 - Elbow Press
- Freestyle Drill Progression – Focus on the Elbows
 - Extended Side Balance (breathing on back)
 - Extended Side Balance with Swimming Breathing
 - Sharkfin with Swimming Breathing
 - Single-Stroke Corkscrew
 - Kickboard Point & Pause, Pop & Press
 - One-Arm Point & Pause, Pop & Press

New Pool Exercises and Drills

9-3-9 Fingertip Drag & Drive: Start in extended side balance, breathe as necessary. When your balance feels right, take three strokes (without breathing). You will end in extended side balance on the other side. Repeat for the length of the pool. Take a breath just before each set of strokes, so that you are not interrupting the strokes by breathing. Focus points:

- Drive the rotation with your hips.
- Rotate you hips completely to both sides.
- Snap your hips (do not roll slowly from one side to the other)

Fingertip Drag & Drive: Now we are almost swimming! Breathe every time your hips rotate toward the near side of the pool.

4 Back 3 Free: Take four strokes of backstroke. As your arm enters the water for the fifth time, glide for just an instant longer and rotate from side balance face-up to side balance (face down). Take three freestyle strokes without breathing. (You will only breathe when on your back.) As you finish your third freestyle stroke, rotate back to side balance face up. Continue the pattern of four strokes of backstroke followed by three strokes of freestyle.

Video: 4 Back 3 Free (underwater to focus on hip rotation)

Sample Practice Session Following Lesson 6

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

- Bottom Float and Dead-Man's Float to Front Balance: Three minutes
- Three minutes each, resting at the end of each length:
 - Extended Side Balance (face down) with Swimming Breathing
 - Single-Stroke Corkscrew
 - Kickboard Point & Pause, Pop & Press
 - One-Arm Point & Pause, Pop & Press
- Repeat the following group three times (or for as long as you can stand it!):
 - 9-3-9 Fingertip Drag & Drive (8 lengths)
 - Backstroke (2 lengths)
 - Fingertip Drag & Drive (8 lengths)
 - 4 Back 3 Free (2 lengths)