

Before Getting Wet

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

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

Dry Swimming – Rotation Practice

Do this exercise in stocking feet on a smooth floor in front of a mirror.

- Stand relaxed with arms at sides, heels close together (not touching), and toes turned out slightly.
- Assume swimming posture: belly in, neck tall, chin back, eyes straight ahead.
- Lean forward slightly onto the balls of your feet, creating a solid plank from head to toes. Your body is now shaped and connected like the hull of a boat.
- Looking straight ahead, rotate your torso (hips to shoulders) as unit to one side, and then to the other.
 - Do not let go of the head-to-toe tension.
 - Do not let your shoulders and hips rotate out of sync.
 - Do not bend your knees.
- When the motion becomes comfortable, focus on snapping (as opposed to rolling) from side to side, about once per second.
- Then add your freestyle or backstroke arm movements.

Review Previous Pool Exercises and Drills

- Review streamline arm position, then kick in Back Balance, adding streamline
- Backstroke Progression
 - Dynamic Back Balance (focus on hip rotation)
 - Extended Side Balance Face Up
 - Backstroke, focusing on:
 - Shoulder Recovery
 - Elbow Press
 - 4 Back 3 Free
- Freestyle Drill Progression – Focus on the Elbows
 - Extended Side Balance (breathing on back)
 - Extended Side Balance with Swimming Breathing
 - Single-Stroke Fingertip Drag-and-Drive Corkscrew
 - 9-3-9 Fingertip Drag-and-Drive Drill

New Pool Exercises and Drills

Underwater Recovery Freestyle: Start in side balance. Stroke entirely under water. At the end of each stroke, instead of taking your hand out of the water, recover it by bringing it forward right along your body. Focus on moving your elbow first to set your anchor. Then press your body past that anchor. Use normal swimming breathing.

(4 Back, 3 Free: Just for a break if needed.)

Catch-Up Fingertip Drag-and-Drive Drill: Leave one arm extended until the other almost catches up to it.

Catch-Up Stick Drill: Like a one-person relay where you pass the baton from hand to hand out front. Hold the stick at the end. Allow the stick to rotate with your body.

Video: Catch-Up Drill (with or without the stick)

Sample Practice Session Following Lesson 7

Be patient and work mindfully. Do not practice struggle.

- Bottom Float and Dead-Man's Float to Front Balance: Two minutes
- Two minutes each, resting at the end of each length:
 - Extended Side Balance (face down) with Swimming Breathing
 - Single-Stroke Corkscrew
 - One-Arm Point & Pause, Pop & Press
- Repeat the following group two or three times:
 - 9-3-9 Fingertip Drag & Drive (8 lengths)
 - 4 Back 3 Free (2 lengths)
 - Fingertip Drag & Drive (8 lengths)
 - 4 Back 3 Free (2 lengths)
 - Underwater Recovery Freestyle (8 lengths)
 - 4 Back 3 Free (2 lengths)
 - Catch-Up Stick (8 lengths)
 - 4 Back 3 Free (2 lengths)