

Warm-Up

On land: Combine streamline, posture and kicking exercises, both standing and on a mat. You are encouraged to do these exercises at home daily, for just a few minutes. These will imprint the streamline position, good swimming posture and a compact kick initiated from the core. For a detailed description of the exercises, see *Breakwater Freestyle 1 - Lesson 2* on the website.

- Standing Swimming Posture
- Standing Streamline
- Prone Swimming Posture
- Prone Streamline
- Prone Backstroke Kicking in Streamline
- Wall Starts on the Mat

Warm-Up

4 x 50 freestyle – Start get your stroke count (SPL)

Wall Work

Wall start to streamline practice: 5-10 minutes

- Feet on the wall, head just high enough to breathe, hold the wall with one hand, extend the other arm in the water
- Release hold on the wall and swing that arm forward into streamline with the other arm as quickly as possible, as you drop down into the water on your side (do not push off yet).
- Get arms into streamline, snap core to swimming posture, and finally push off evenly with both feet.
- Hold the tight streamline and glide as you near the surface. The breakout stroke is a quick “timing” stroke taken with the arm lower in the water (as you snap onto the other side and begin “normal” stroking).

8 x 25 freestyle – Stop and focus on streamline and posture at each wall.

Open turn practice: 5-10 minutes (this just adds the wall approach to the wall start above)

- Swim to the wall (do not slow down), leaving one arm back as you touch
- Collapse the arm touching as you tuck and spin onto your side
- Breathe as you spin and push off with the hand that touched, and perform a wall start to streamline as above.

8 x 50 freestyle – Focus on wall start and open turn. Count SPL.

Cool Down

1 x 400 relaxed freestyle. Focus on open turns: swim to wall, turn, streamline and snap core to swimming posture, push off, check swimming posture