

## **Before Getting Wet**

### **On the Deck**

Review freestyle rotation and breathing basics.

- Maximize hip rotation with each stroke (at least 45 degrees both sides)
- Keep head still and look straight down when *not* breathing
- Rotate only your face to the air to breathe

### **Online Video Clips**

- **Natalie Coughlin's Body Position Basics.** This is embedded on my website. To locate the clip, click **Videos**, then click **Natalie Coughlin**. It is the first clip on that page. This clip is *not* about body position or breathing, but it has great footage from multiple angles showing how one of the best swimmers in the world swims freestyle. Notice how much hip rotation she gets with every stroke. You will see this amount of hip rotation with all strong swimmers (though perhaps less when they are sprinting). And notice how she breathes: she rotates her face to the air, breathes in the trough of her bow wave, and does not lift her chin.
- **The Mr Smooth Console.** This animation allows you to view good swimming technique from virtually any angle. It's a free download from the SwimSmooth website:  
<http://www.swimsmooth.com/console.php>

### **Drills**

- **Extended Side Plank:** Kick on your side, hips and shoulders stacked. The primary goal here is to train your body to be totally relaxed in this position. The secondary goal is to learn to move your face to the air by rotating your head, not lifting it.
- **Side Torpedo:** Initially, do this drill only with fins. Like the Extended Side Plank, but with both arms at your sides. Rotate your face to the air and practice breathing in the trough of your bow wave.
- **9-3-9:** Kick about 9 kicks in the extended side plank position. Then take three strokes focusing on snapping your hips equally to both sides. Breathe before or after the strokes (not between).
- **Single Arm Drill:** Swim freestyle with the unused arm extended out front. Maximize rotation to both sides.

## **Workout**

The initial video will be captured while this workout is in progress.

- Warm-up: 1 x 200
- 2 x 50 Extended Side Plank Drill
- 2 x 50 Freestyle
- 2 x 50 Side Torpedo Drill
- 2 x 50 Freestyle
- 2 x 50 9-3-9 Drill
- 2 x 50 Freestyle
- 2 x 50 Single Arm Drill
- 2 x 50 Freestyle
- Cool Down: same as Warm-Up

## **Sample Practice Session**

Be patient and work mindfully. Do not practice struggle. Practice perfect movements.

- Warm-Up: 1 x 400 thinking "Snap, Snap, Snap" so you snap your hips for each stroke
- Main Sets: Perform the Workout above, multiple times if possible
- Cool Down – 1 x 200 focused on rotation