

Before Getting Wet

Introductions

Introduce Swimming Posture

Think: "Belly - Neck - Chin" every time you leave the wall!

- Belly In - To connect chest and hip blocks and flatten lower spine
- Neck Tall – To connect the head and chest blocks
- Chin Back (toward spine) – To flatten the upper spine

Initial Video

Underwater views from side (swimming in both directions) and front

Above water views from side and front

Workout

Demonstrations: Back Balance, Side Balance, Dynamic Back Balance, Dynamic Side Balance

- 2 x 50 Back Balance (arms at side)
- 2 x 50 Freestyle or Backstroke
- 2 x 50 Dynamic Back Balance (rotate side to side while looking straight up)
- 2 x 50 Freestyle or Backstroke
- 2 x 50 Side Balance (arms at side)
- 2 x 50 Freestyle
- 2 x 50 Dynamic Side Balance
- 2 x 50 Freestyle

Sample Practice Session

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

- Warm-Up: 1 x 400 thinking "Belly – Neck – Chin" at every wall
- Main Sets: Perform the Workout above, multiple times if possible
- Cool Down – 1 x 200 thinking "Belly – Neck – Chin" at every wall