

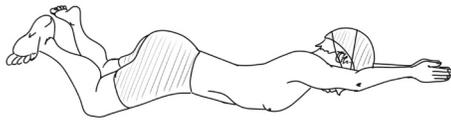
Eat & Breathe

## FR Kick with BR Arms

Also known as Position 11 where you do "Eat" to breathe.

Continue kicks during the breath and arm motion. Many will falter.

Arms should be quick and just strong enough to lift the head up then shoot back forward again returning to position 11.



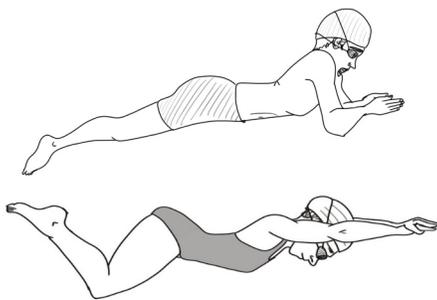
## 2 Kicks with 1 Arm pull

Feet rise up with the knees bending.

Avoid letting the knees and thighs pressing down, or under the hips. Small collapse down okay, but not knees in front of body.



Heels rise, and toes flare outwards from each other, "flexing."



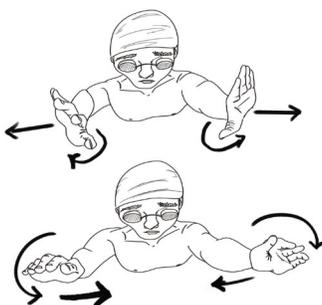
## Fly Kick with BR Arms

Do one fly kick with every breaststroke arm cycle.

As you take a breath with "eat" drive your hips forward.

Keep legs together doing fly kick.

As you shoot back into position 11 undulate your hips up in a fly kick.



## Sculling

Learn how to "turn the corner" by scooping water quickly with the hands.

When breaststroke improves transition with a quick scull from 11 into "eat." The scull will pull the body forward through the water.

# Breaststroke Progressions



**3 x SL + FLEX**

**3 x SL + Lift and Flex**

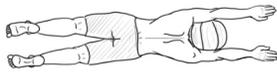
Streamline with nothing, no kick.

For SL + FLEX:

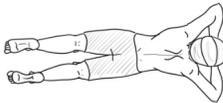
While underwater hold SL and turn feet into "flex" position

For SL + Lift and Flex:

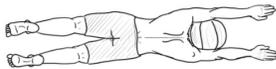
Hold streamline with no kick until you get to the surface. At surface, bend the knee so feet rise, and turn toes out into "flex" position. Hold.



11



Eat



11

**3 x SL +  
2x (11, Eat, 11)**

Streamline with no kick. Hold streamline until you get to the surface.

At the surface, move into position 11, pause for a heartbeat.

Move to "Eat". Return to 11 without flare or embellishment.

Do the motion not the "swim."

Demonstrate the choreography.

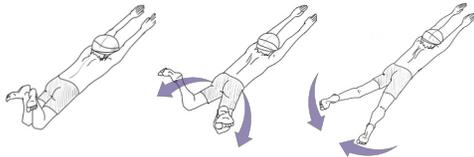


11

Eat & Breathe

11

**3 x SL + 1x(11, Eat &  
Breathe, 11)**



**+ 1 BR Kick in Position  
11 + Glide**

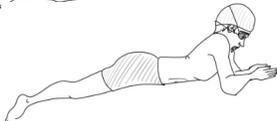
Break up the swim into three distinct stages.

Stage 1: Arms with a breath.

Stage 2: Kick in position 11.

Stage 3: Glide.

Streamline with no kick. At the surface do the arms by themselves. Return to 11. Kick, and glide.



**4 x 25: 2 BR + FR the  
rest of the 25.**

Most swimmers struggle with breaststroke because they want to go fast. This often leads to sloppy and illegal kicks and bad habits.

Do 2 strokes of BR immediately after the streamline to remove this anxiety about going fast enough.