



Establish habit

Build a streamline habit.

Hold streamline off every wall at least past the flags.

If you forget, do it on the next length.

Create muscle memory



Long extension

Streamlining reinforces where you should be starting your stroke from.

Begin Freestyle arms at the furthest extension of your body possible: arms directly above your shoulder.

Maximize your pull with long reach



Improves your body

Streamlining is important for lap swimmers.

Holding SL will build flexibility in your arms, back, shoulders, and core; all crucial components to an effective swim.

Avoid injury by lengthening your body each time you push off the wall.



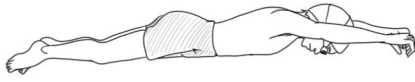
3 easy steps

Do the following for a great streamline:

- Lock your thumb (hand over hand)
- Squeeze behind your ears with your elbows.
- Aim your face down at bottom

#2: Freestyle Arms

Progression:

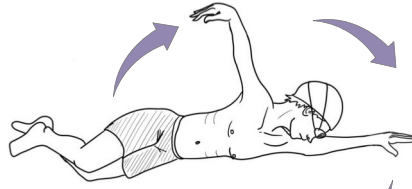


Begin and finish each stroke in position 11.

Swim one arm at a time, catch up stroke. Pause in 11.

Body should remain at surface and head aim directly down.

Advanced: Flow through Position 11 as target; no pause.

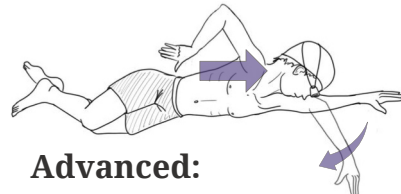


Beginner: Arm Circles

Focus on large arm motions, circles, reaching, over water.

Avoid correcting hand position or a "pretty recovery."

Main goal is push water back, recover above the water.



Advanced: High elbow recovery

Vertical forearm pull, or front quadrant swimming.

Recover with elbow higher than hand. Hand travels forward near water surface.

Swing hand wide away from hip.

Breathing:



Practice head motion; standing, controlled

Standing, turn head over one shoulder, then forward. Repeat.

Look down with only face in water, turn to side. Breathe

Easier while standing or kneeling with back at surface.

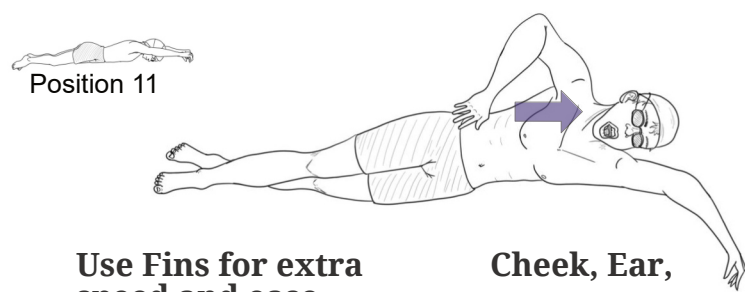


Comfort, repetition, glide, swim, breath

Avoid head lifting up out of water. Keep body flat!

Kick in position 11, do a single arm stroke. Return to position 11 and kick.

Introduce a breath during the arm stroke when ready.



Use Fins for extra speed and ease

Fins help provide extra propulsion and will make staying at the surface easier.

Not necessary to do a strong kick. Simply keep legs moving.

Kick in 11, take an arm stroke and a breath.

Cheek, Ear, Lips, Eye

Keep half your face in the water when you breathe.

Aim face DOWN when not breathing.

Think of twisting, not lifting. If you lift your feet will sink.



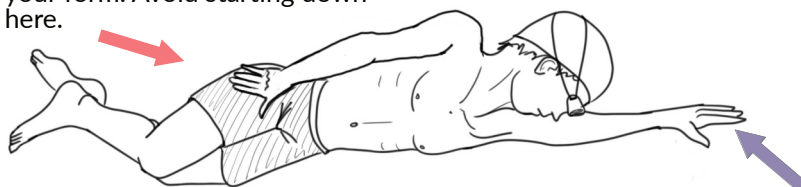
Common Mistakes

1. Head lifted. Lower face so the crown pushes the water, not your face.

2. Worrying about "Pretty" freestyle arms. Straight arm okay, high elbow better. Avoid flourishing as you enter the water.

3. Not kicking. The feet don't need to be fast, but they DO need to move. When you remember they're not moving, start them.

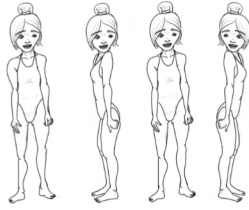
Starting stroke from hips hurts your form. Avoid starting down here.



Start the arm stroke from here.

#3: Refining Freestyle

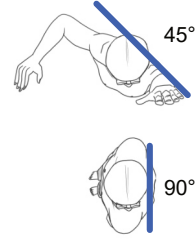
Rotation:



Rotate the hips, and the shoulders will follow.

Freestyle is considered a Long Axis drill; your body rotates along your spinal axis, or your spine.

Focus on the hips.



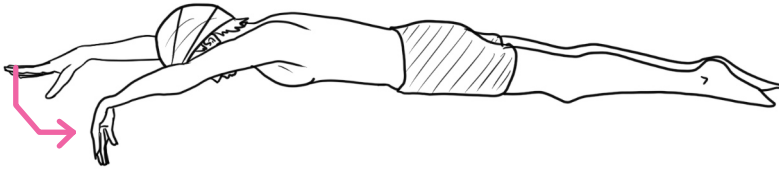
Exaggerate the angle drilling, roll subtly when swimming.

Doing drills at 90° to the surface of the water will over-exaggerate the rotation during swimming.

Hip angle to the surface during freestyle should not exceed 45°.

Drill more than 45° to get in the habit of using the hips to anchor the stroke and maximize your swimming strength.

Underwater Pull:

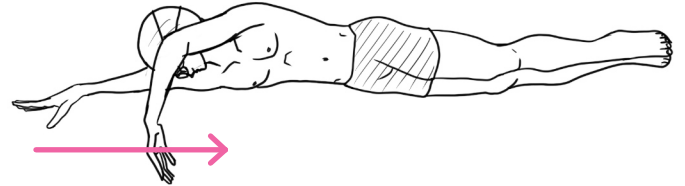


Palm down. Anchor. Pull

Coupled with a good hip rotation, anchoring the hand and forearm in front of the shoulders creates good "front quadrant swimming."

Emphasize the hook at the top after position 11, like pulling up over a ledge, and rotate through the arm pull.

As the hands get to the hips swing out.



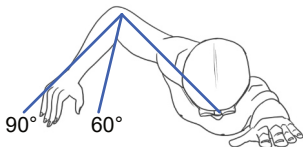
Hand and forearm down. Pull with a high elbow.

Use multiple drills like "Zombie position 11," 1 arm only, Ready Catch Pause, and others to reinforce this anchored arm stroke.

Begin pulling and pushing against the water immediately after the hand enters it in position 11.

Full extension and reach, then immediate pull engaging the forearms and the pectoral muscles.

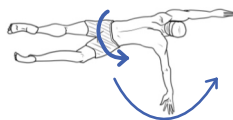
Recovery and reaching:



Swing wide; no zips.

Throw the hand wide like a compass between 60 and 90 with the elbow as the hinge.

Avoid zippering next to the torso as it hyper-extends the shoulder.

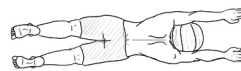


Rotate and toss

Finish the stroke in 11.

Rotate the hips with the swinging arm.

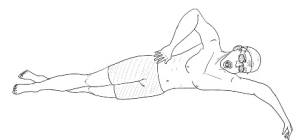
Arm recovers over the water wide returning to position 11 as the hips rotate down with that arm.



Reach to 11.

Beginners:
Finish in a distinctly clear position 11 with both arms before next stroke.

Advanced:
Start next arm pull just before recovering arm gets to 11.



Quick breath.

Sneak in a quick breath as the arm pulls back.

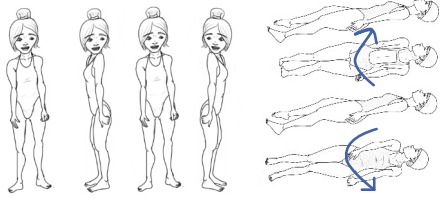
Breath should be complete by the time arm swings back into position 11.

Common Mistake: Late breath. Start on pull to fix.

#4: Refining Freestyle

Progressive drills and some challenges to make your stroke better:

HLBw/R:



Head Lead Balance with rotation.

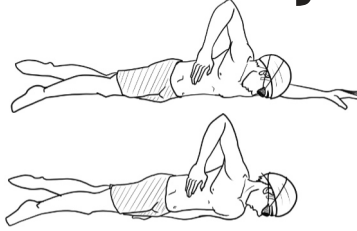
This is a drill to work on the body rotating.

The head remains still either looking at the bottom or at the ceiling.

Rotate everything but the head to 90° of the surface, then rotate the other way. The belly button will aim at both walls.

Drive the rotation from the hips. Avoid talking about the shoulders. If the hips rotate, the shoulders do too.

One Arm Only:



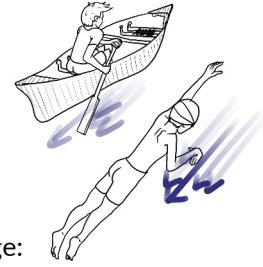
Combine HLBw/R with a single arm swimming freestyle.

This is a kicking and rotation drill as much as HLBw/R and simply adds a single arm moving.

The arm moves with the hips. As the hips rotate down, the same side arm extends to position 11.

As the arm pulls, rotate the hips so that when the arm recovers the same side hip is above the water.

Swim Flat Canoe



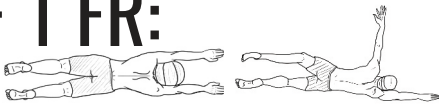
Challenge:

Swim freestyle as flat as you can. Be like a canoe paddling your arms.

This is the **WRONG** way to swim, but in doing something obviously incorrect we can learn how to do it well.

Keep your back flat and swim a 25 moving your arms without letting the hips roll or rotate along the spine.

Position 11+ 5 K + 1 FR:

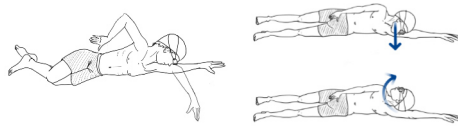


Kick in position 11 for 5 freestyle kicks and then continue kicking and do a single freestyle arm stroke.

Repeat for whatever distance you'd like. Can be done as a 3 x SL, and as 25's.

Focus on the arm that isn't doing the stroke to remain in Position 11. Strong Kick required.

3 FREE + 18 K

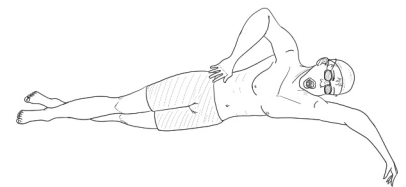


Swim 3 strokes of freestyle, then get on your side, laying on your arm with your nose inside your stinky armpit, looking down.

Kick on your side for 18 flutter kicks.

Breathe by rotating the head. Repeat.

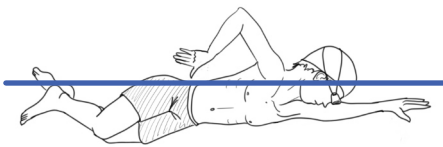
Olympic Swim:



Swim your regular freestyle with Extra slow speed.

Move the arms slowly, glide, have a strong kick. Flow through the water with the effortless grace of an Olympic swimmer.

Fingertip Drag:

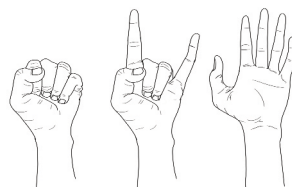


This drill is to help work on a high elbow.

When the hand recovers, or goes over the water drag the fingertips, or **JUST THE NAILS** over the top of the water.

Tickle fingers over the water surface while reaching up to position 11.

Fists, & 0,2,5



Fists Drill and 0, 2, 5 Drill:

These drills focus on the arm pull motion and how the vertical forearm aiming down pulls water.

Focus on long arm extensions and feeling the press of water against the wrists.

Breath Every 3:

Once you get comfortable breathing to a Side begin breathing to the other.

Don't be afraid to try something new and do The uncomfortable.

It's important to have a balanced stroke And when you're doing laps, breathing Every three strokes is the best way to Balance out your swimming.

If you favor one side your body will banana, Curving and slowing your swim.