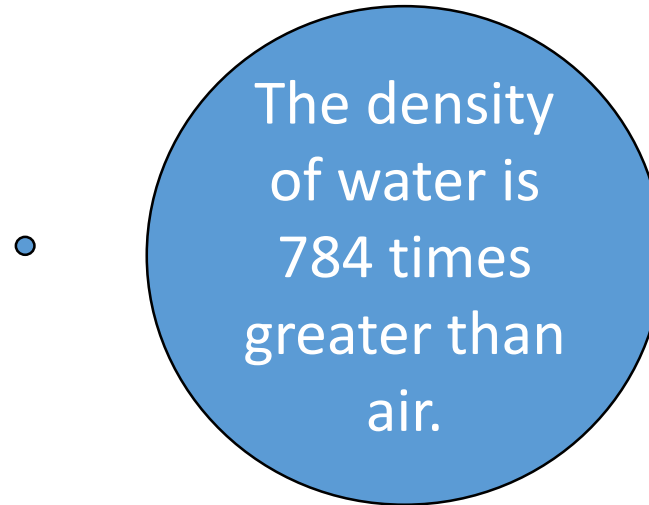
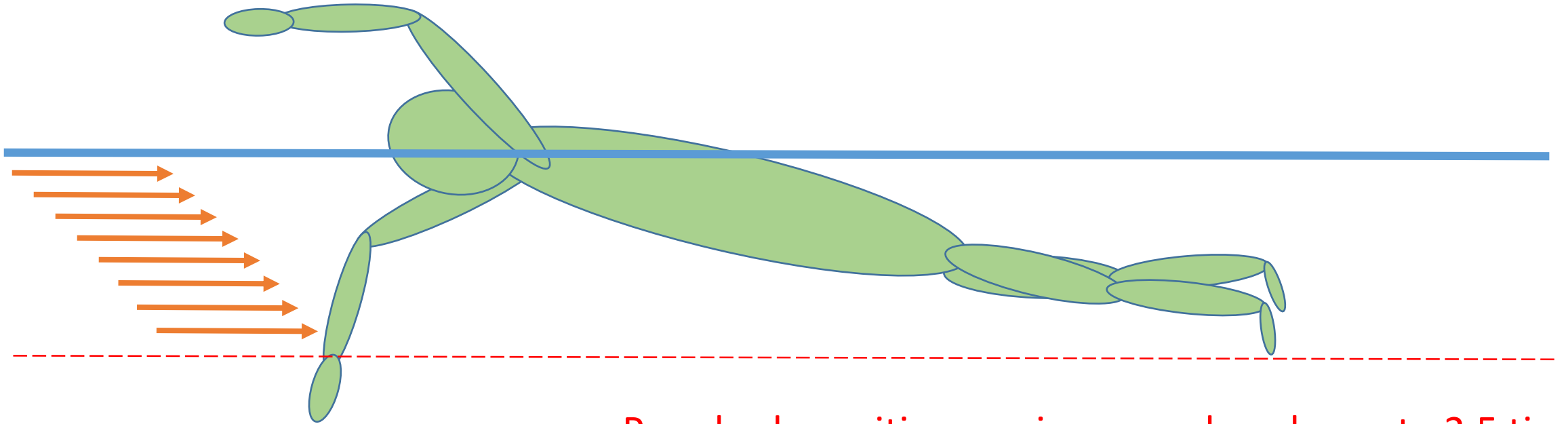


# Swim Clinic Week 1 — Developing body balance feel

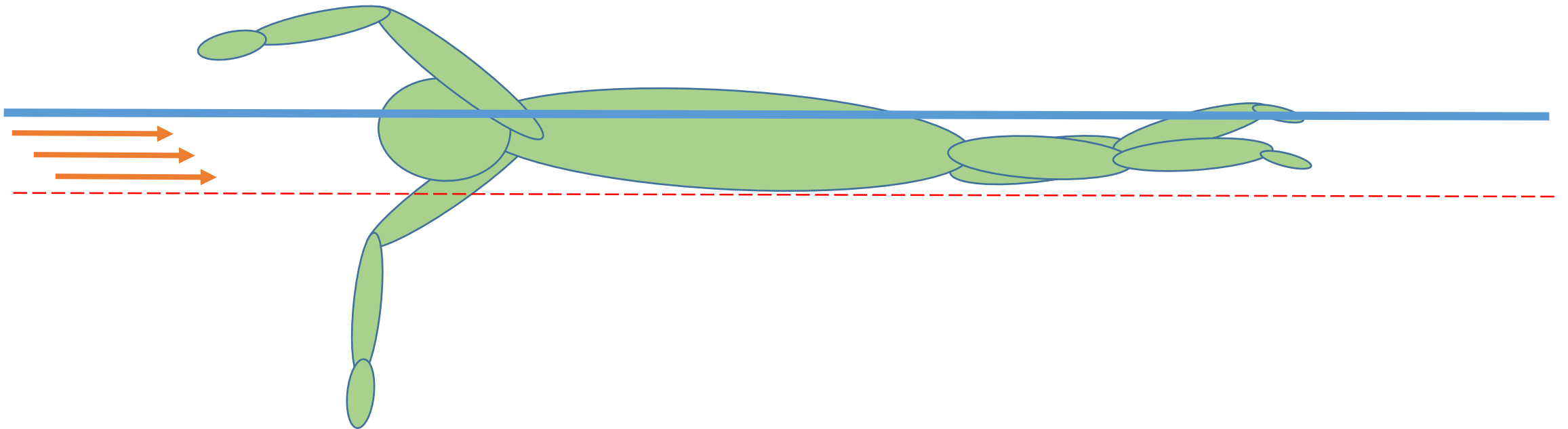


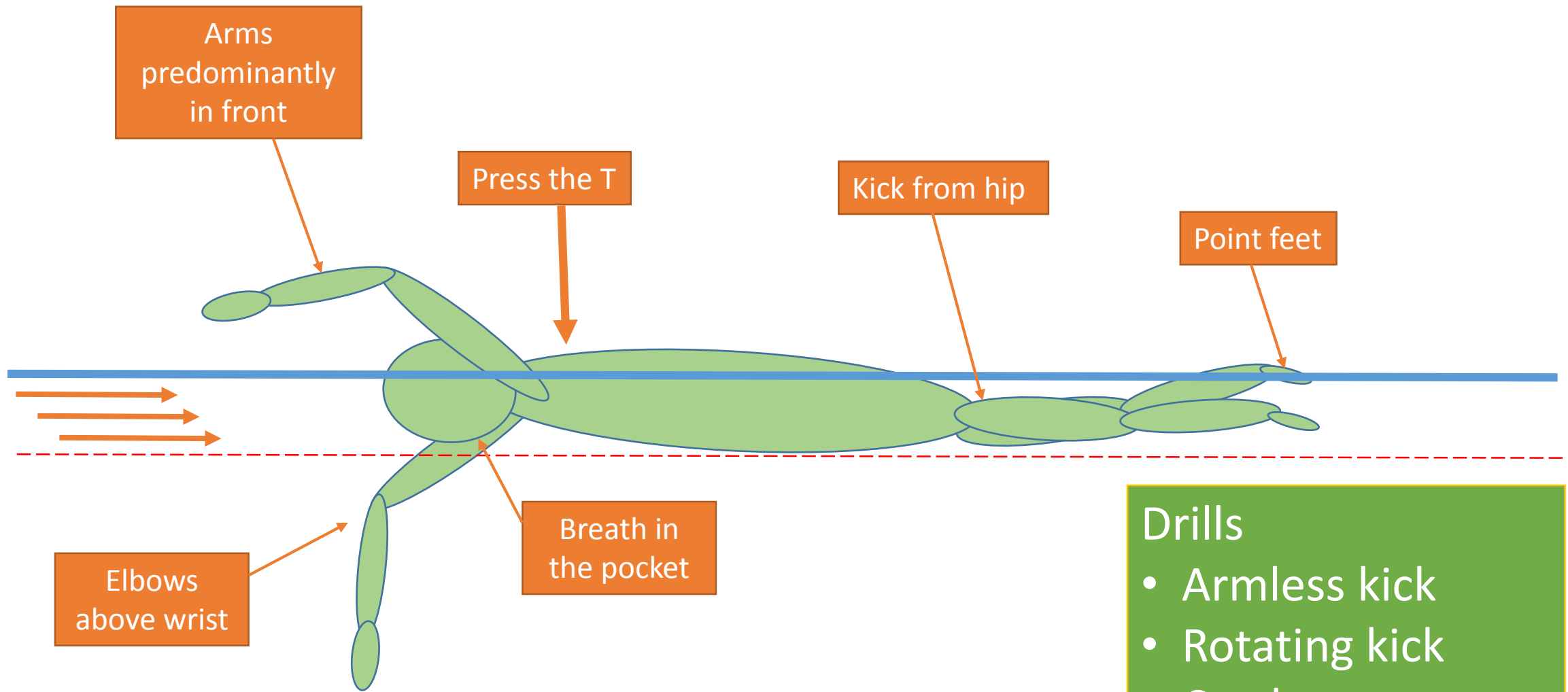
- Swimmers need to maximize their streamline and reduce the surface area of the human body traveling through the water.
- In order for swimmers to maximize their speeds, they need to minimize the surface area in which they will be traveling through the water, and maximise the area used to propel them through the water.

For every swimmer, reducing drag is as important as improving power and endurance due to the efficiency gains.



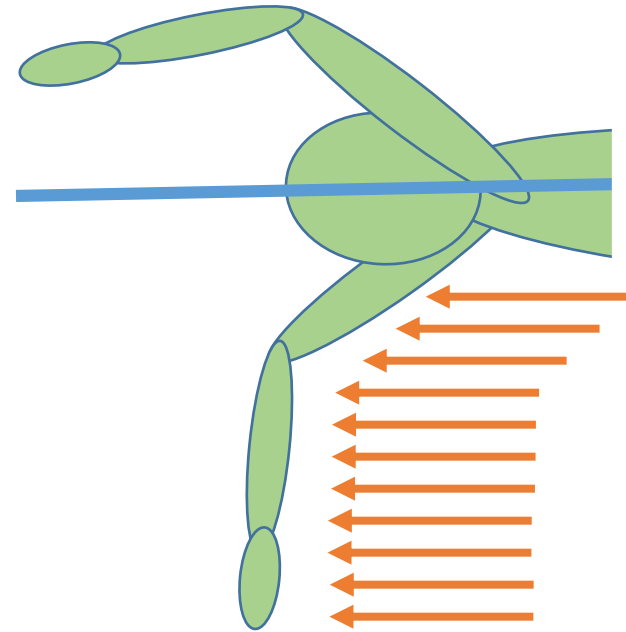
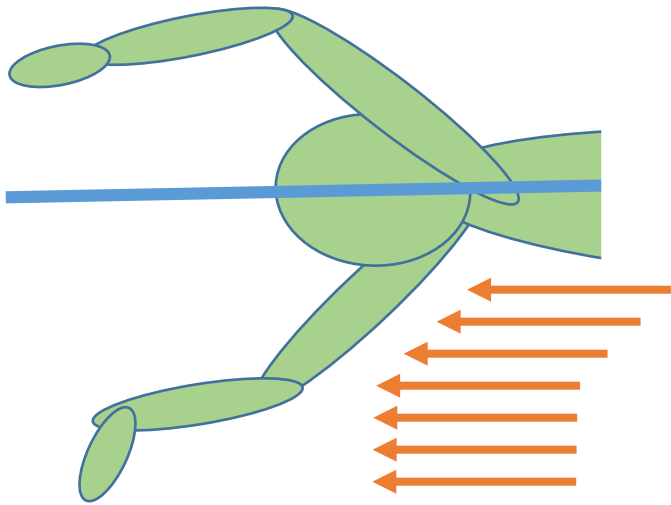
Poor body position can increase drag by up to 2.5 times.





- ### Drills
- Armless kick
  - Rotating kick
  - Catch-up
  - Fists
  - Just Swim!

Poor catch and can reduce propulsion by half.

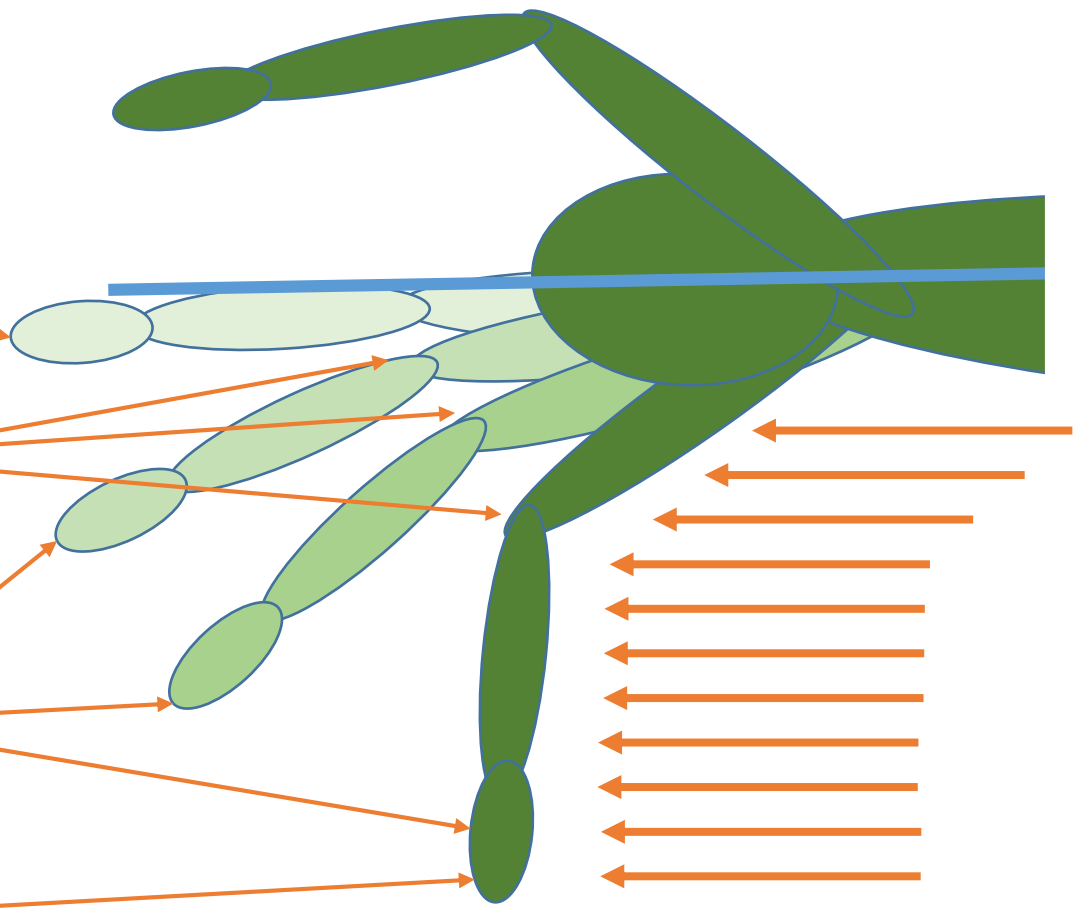


Push arm out,  
shoulder  
pressed to head

Elbow above  
wrist

Wrist stays  
straight

Fingers together



- ### Drills
- Catch-up
  - 1/2 Catch-up
  - Fists
  - Bubble watch

# Week 1 Session — Developing body balance feel

- Warm Up (450m)
  - 200m swim
  - 200m kick with fins
  - 2 x 25m pull, 12.5 feet pointed | 12.5 feet @ 90 deg (feel legs drop in 2<sup>nd</sup> 12.5)
- Main Set 1 (600m)
  - 4 x 25m – 12.5 kick, arms at side, no fins, breath by lifting head forward | 12.5 freestyle.
  - 4 x 100m – 25m catch-up | 25m fists | 25m single arm | 25m ½ Catch-up, watch for hand bubbles.
  - 4 x 25m band around feet, no kicking, no pull buoy, press down sternum
- Main Set 2 (400m)
  - 8 x 50m freestyle @ 80% effort, focus on form, breath bilateral.
- Warm down (300m)
  - 100 kick with fins
  - 200 swim