

Focus: Breaststroke – Low Stress Aerobic Distance
5/10-12/2021

Warm Up:

1 x 400 @ 8:00

3 x 200 @ 3:15 Pull Descend by time 1>3

(1000)

ONE time thru:

4 x 25 Breaststroke Kick on Back

4 x 25 Br Drill - 2 pulls with no kick + 1 full stroke with kick

4 x 25 Br Drill – “3 count glide” –

Pause in Streamline position for 3 seconds

4 x 25 Swim Breaststroke

(400/1400)

4 x 50 Swim Breaststroke Fast @ 1:10/1:20

(200/1600)

FOUR or Three times thru:

4 x 50 Swim Choice – Pace @ :50/1:00

1 x 100 Swim Choice - Fast pace @ 1:40/2:00

(1200 or 900/2800 or 2500)

Cool Down:

8 x 50 25 Kick/25 Swim @ 1:00

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Breast Drills

#1 - Breaststroke kick (on back) hands at side. Bring heels up to butt. Knees should stay underwater. If heels come up the butt the swimmer can touch them with their hands. Long glide off each kick. Wide kicks can use pull buoy to help keep knees closer together.

#2 - "2 Pulls with NO kick + 1 Pull with kick". Go 2 Pulls with NO Kick focusing on effective breaststroke catch and momentum. Then go 1 pull with kick concentrating on rhythm, timing and undulation.

#3 - "3 Count Glide" Go one breaststroke cycle (pull, breath, kick, glide) then hold glide in streamline position for 3 full seconds. Work on stroke timing flaws and carrying momentum from kick into speed.

#4 - Full Stroke Breaststroke. Thinking about good technique.