

Sprint - training to be fast

Discussion - technique

Freestyle swimming FRONT QUADRANT

- Front quadrant freestyle
- Efficient body position
- Effortless swimming
- For shorter distance needs good kick
- Great gliding ability
- LONG DPS
- LOW FREQUENCY



https://www.youtube.com/watch?v=5_FwRjBC8Io

Freestyle swimming OPPOSITE

- Opposite freestyle
- Arm
- Constant pull
- Can be used for sprint or long distance
- WATCH DPS!! (SHORT BUT CONSTANT)
- HIGH FREQUENCY



https://www.youtube.com/watch?v=RHyqqJ8N3L4&source_ve_path=MTc4NDI0

Freestyle swimming OPPOSITE

- LONG DISTANCE OPPOSITE



<https://www.youtube.com/watch?v=AJNIjU2VzCI>

Freestyle swimming OPPOSITE

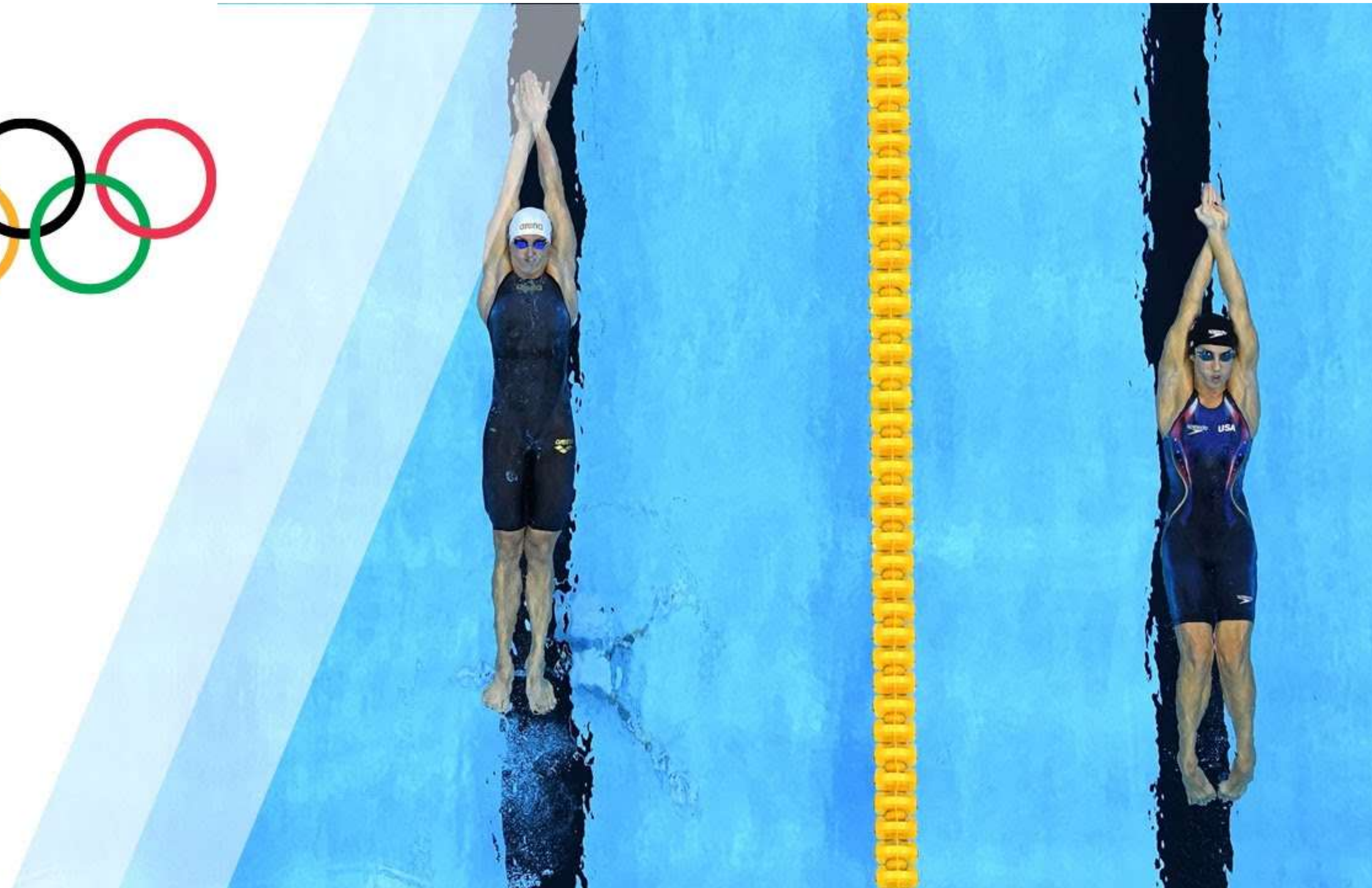
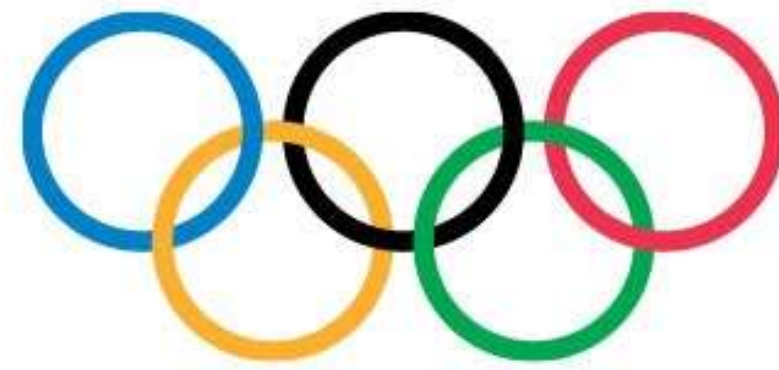
- MIDDLE DISTANCE OPPOSITE
- HIGH FREQUENCY
- SHORT DPS



https://www.youtube.com/watch?v=m3gBy_oNXWg

Backstroke swimming High kick, high FRQ

- Can use during 200
- Can breath on every stroke



<https://www.youtube.com/watch?v=EY8SVFr13m0>

Backstroke swimming LOW FRQ

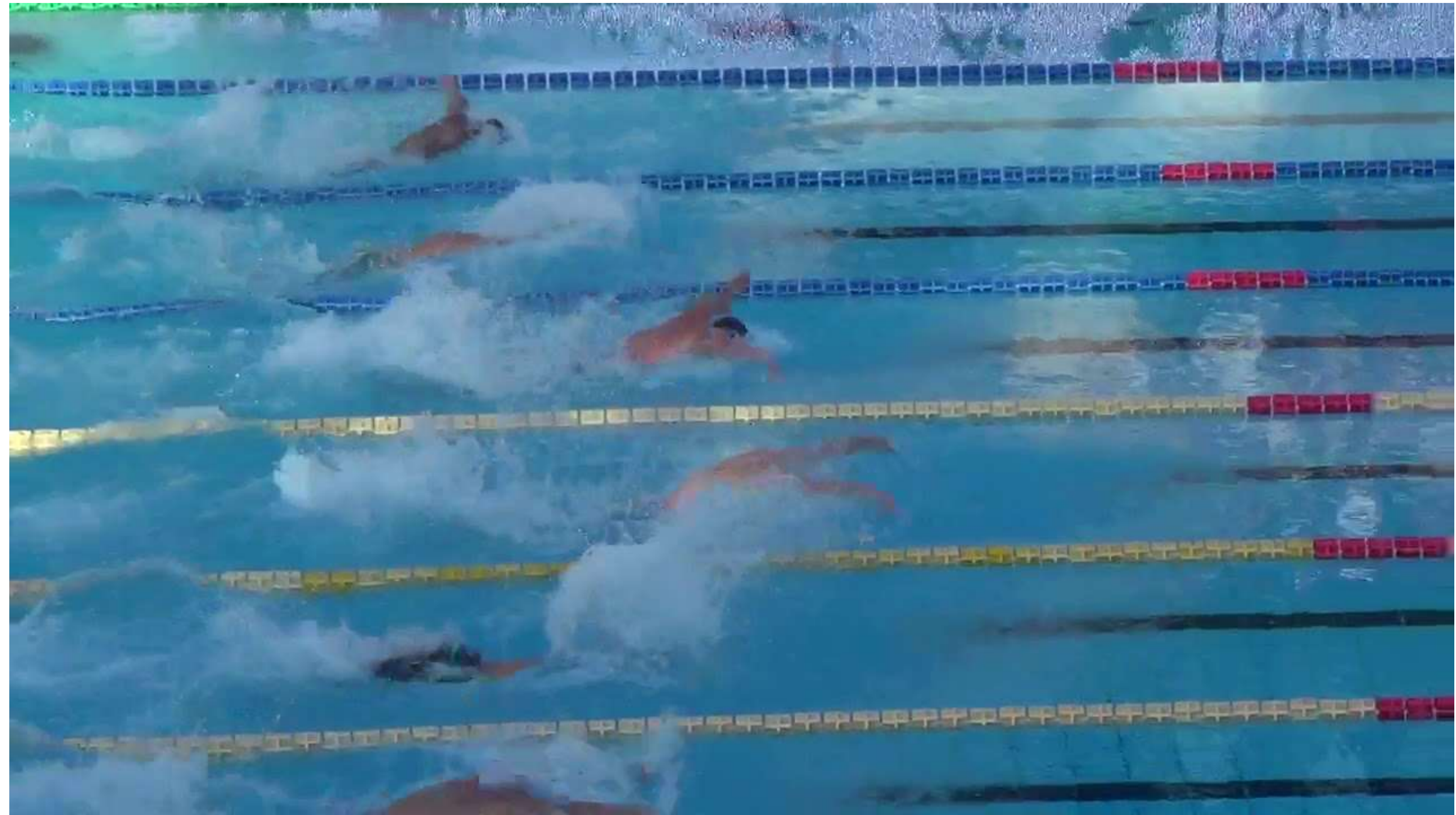
- Low frequency
- Easy kick
- Rhythm!
- Constant kick
- Long DPS, low FRQ



https://www.youtube.com/watch?v=cslxxJU-A5U&source_ve_path=MTc4NDI0

Butterfly swimming 50m

- Measure the first 15!
- Count strokes!
- Check the breathing!



<https://www.youtube.com/watch?v=JHAFNMDYZPo>

Butterfly swimming 200m

- Measure the 15's!
- Count strokes!
- Check the breathing!
- Turns?



<https://www.youtube.com/watch?v=SQmQ2B1QfSU>

Questions?

“It is not important to be better than someone else, but to be better than yesterday.”



Kano Jigoro