

Beginner Freestyle drill progressions for better body position (iwanttoswimbetter.com)

HOW TO USE THIS SHEET:

1. Complete these drills every swim session as written. This is part of a complete workout. The drill sequence below can be done as part of a warm-up.
2. It's best to follow the drills with a main swim set of 15-30minutes of swimming to apply what you've learned to your full stroke.
3. Watch the YouTube links- they are instructional videos. It is important to understand the details before you complete the workout.
4. Focus on your feel of the water, NOT your speed.
5. Measuring success! Swim a 100 (4 lengths) on Day 1 and again after completing 5 workouts. Note your time, did you improve? By how much?

Add this Swim Better drill progression to your workout during warm-up or as a replacement for your main set.

Special Equipment Required: swim fins

Optional: snorkel

[Balance Drill](#) 6 x 25 with 30sec rest

How to do this drill

1. Push off wall with arms STRAIGHT (shape of number "11") and glide as far as possible
2. Take an intentional breath before you push off. Keep your **tummy tight, feet together**.
3. Glide until you stop moving, note your distance and swim the remainder of the lap.
4. Rest 30s rest before beginning your next rep.
5. Feel your body balance, unbalance, and rebalance. Use your hands to maintain stability while keeping your body line **tight**.

Going forward: Try to extend your glide distance over time! A good starting goal is 5yds, then increase 1/2yds as you hit new PRs.

[Swordfish kick drill](#) 4 x 25 with 30sec rest

1. Done with swim fins. Swordfish begins with a streamline push off the wall. Kick to the surface.
2. Head position is with eyes down, top of the head pointed at the opposite end of the pool. Hips are supported with a tight core and steady kick.
3. Kick should be with toes pointed, legs with minimal knee bend. A steady, shorter kick is best.
4. A single arm is extended out in front for balance and should be kept near the surface of the water. A slight rotation of the body is natural (leaning on side with arm extended).
5. Keep alternate arm relaxed at your side. Alternate arms each 25.
6. Blow bubbles steadily through nose and turn your head to take a comfortable breath and return to head down.
7. Focus on your exhale and blow out of your mouth if you are struggling with breathing.

[Kickboard extension drill \(alt R/L\)](#) 4 x 25 with 30sec rest

1. Done with swim fins, kickboard extension drill maintains the body position and kick from swordfish and adds an arm pull. Extend arms into a flying "Superman" position (arms in the shape of the number 11) straight above their head, place a kickboard under one hand.
2. The opposite hand begins an arm stroke. Begin your pull with your hand and forearm, keep your elbow near the surface while your hand drives downward in a forward direction which will require you to rotate your shoulders and hips.
3. Pull through until you reach full extension by your upper thigh, then pull your elbow to the ceiling and recover to Superman position again.
4. Try to develop a feel for the water with your pull. Keep a steady kick and head down position. Blow bubbles and breath as you did in the last drill.

6-3-6 drill 4 x 25 with 30sec rest

1. 6 kicks, 3 strokes, 6 kick drill now brings us closer to full swimming. With our fins on, we streamline push off the wall into a swordfish position for 6 kicks.
2. After 6k, begin an arm stroke. Complete 3 arm strokes (blowing bubbles, eyes down)
3. Pause in swordfish position for 6 kicks.
4. Repeat for an entire 25. Keep a steady kick. Blow bubbles and breath only when performing arm strokes.

Post Drill Swim Practice

*Try swimming 4-8 reps of 50 freestyle swims on a set rest time e.g. 30sec rest.
Focus on technique, breathing. Note your pace and try to hold same time for all reps*

Extras

Breathing Help

If you're finding these very taxing, try adding these two drills are done daily before your drills and swims!

How to blow bubbles

How to do swim bobs

MySwim Pro Breathing Progression (10min)

More Fundamentals!

If you are having trouble getting a good body position or just want more practice, try these balance drills BEFORE completing the above drill progression. Fins are optional and will help keep your hips up to start.

Head/hip connection and body balance (3min)

YouTube URLs

<https://www.youtube.com/watch?v=4QAHUEGPSAA>

<https://www.youtube.com/watch?v=O2tM1LGXnH8>

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

https://www.youtube.com/watch?v=-hT6Z2_C6DM

<https://www.youtube.com/watch?v=ctAcDrHM7T4>

<https://www.youtube.com/watch?v=whS4fS6E9Zc>