

Beginner Swim Guide: Swim Easier in 7 Days

A simple daily reset for smoother, more relaxed freestyle

Swimming better isn't about working harder it's about moving more efficiently. In the next 7 days, you'll follow short, focused drills to improve your body position and reduce drag, making every lap feel smoother. Tip: Record a short phone video (side view) on Day 1 and Day 7 to track your progress.

Day	Focus	Drill / Action
1	Reset Body Line	4x25m front-glide kick, hands extended, 20s rest Keep eyes down at 45°, let chest sink slightly so hips float.
2	Head & Breath Control	4x25m side-kick w/ rotation pause, 20s rest One goggle in water during breath, inhale gently, exhale slowly.
3	Front-End Balance	6x25m fingertip-drag freestyle Drag fingertips lightly to cue high elbows and long reach.
4	Kick Rhythm	6x25m flutter-kick w/ board, 20s rest Small, quick kicks from hips, not knees, toes pointed.
5	Hip-Led Rotation	4x50m single-arm swim (alt L/R each 25m), 20s rest Hips initiate roll, avoid over-reaching shoulders.
6	Relaxed Propulsion	6x25m long-stroke freestyle, 20s rest Reduce strokes per length by 1-2 vs. Day 1, exhale fully.
7	Link It All	3x100m smooth freestyle, moderate pace, 30s rest Focus on flow: body line, easy breath, light kick, hip-driven roll.

Table 1: Your 7-Day Beginner Swim Plan

Common Mistakes to Avoid

- **Head too high in water:** Lifts hips down, adds drag. Exhale steadily underwater.
- **Holding breath:** Builds tension and causes rushed strokes.
- **Over-kicking from knees:** Creates drag and wastes energy; kick from hips.
- **Arm crossing center line:** Leads to wobbly body roll and shoulder stress.
- **Rushing strokes:** Prioritize long, relaxed pulls over speed during drills.
- **Ignoring body rotation:** Staying flat increases drag and makes breathing harder.

Beginner Tips for Success

- Start slow and focus on technique, not speed.
- Use a kickboard or pool noodle for support if needed.
- Practice breathing every 3-5 strokes to build comfort.
- Stay consistent swim 2-3 times a week for best results.