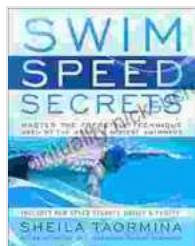


Master the Freestyle Technique Used by the World's Fastest Swimmers: Swim Speed



Swim Speed Secrets: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) by Sarah Dessen

★★★★☆ 4.6 out of 5

Language : English
File size : 121738 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 210 pages



Freestyle swimming is the most popular and fastest swimming stroke. It is used in competitive swimming, triathlons, and recreational swimming. The freestyle technique has evolved over time, and today's swimmers use a variety of techniques to achieve maximum speed and efficiency in the water.

In this article, we will discuss the key components of the freestyle technique and provide drills to help you improve your speed and efficiency in the water.

The Freestyle Technique

The freestyle technique can be broken down into the following components:

- Body position
- Arm stroke
- Leg kick
- Breathing

Body Position

The body position is the foundation of the freestyle technique. The body should be streamlined in the water, with the head in a neutral position, the shoulders relaxed, and the hips high. The swimmer should keep their core engaged and their back straight.

Arm Stroke

The arm stroke is the primary source of propulsion in freestyle swimming. The arm stroke should be long and smooth, with the hand entering the water at a 45-degree angle. The hand should then be pulled back through the water in a circular motion, with the elbow high and the fingers together.

Leg Kick

The leg kick is used to help maintain balance and provide additional propulsion. The leg kick should be small and fluttery, with the legs kicking up and down in a scissors motion.

Breathing

Breathing is an important part of the freestyle technique. The swimmer should breathe to the side, with the head turned out of the water. The swimmer should inhale through the mouth and exhale through the nose.

Drills to Improve Your Freestyle Technique

There are a number of drills that can help you improve your freestyle technique. These drills include:

- Front crawl drill
- Back crawl drill
- Sculling drill
- Leg kick drill
- Breathing drill

Front Crawl Drill

The front crawl drill is a great way to practice the arm stroke and body position. To perform the front crawl drill, start by floating on your stomach with your arms extended in front of you. Then, begin to pull your arms back through the water in a circular motion, keeping your body streamlined and your head in a neutral position.

Back Crawl Drill

The back crawl drill is a great way to practice the leg kick and body position. To perform the back crawl drill, start by floating on your back with your arms extended above your head. Then, begin to kick your legs up and down in a scissors motion, keeping your body streamlined and your head in a neutral position.

Sculling Drill

The sculling drill is a great way to practice the arm stroke and improve your upper body strength. To perform the sculling drill, start by floating on your

stomach with your arms extended in front of you. Then, begin to move your arms in a circular motion, keeping your hands close to the surface of the water.

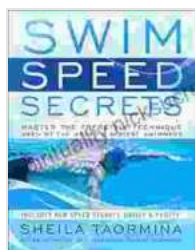
Leg Kick Drill

The leg kick drill is a great way to practice the leg kick and improve your lower body strength. To perform the leg kick drill, start by floating on your back with your arms extended above your head. Then, begin to kick your legs up and down in a scissors motion, keeping your body streamlined and your head in a neutral position.

Breathing Drill

The breathing drill is a great way to practice breathing to the side and improve your lung capacity. To perform the breathing drill, start by floating on your stomach with your arms extended in front of you. Then, begin to breathe to the side, keeping your head turned out of the water. Inhale through the mouth and exhale through the nose.

The freestyle technique is a complex and challenging stroke. However, with practice and dedication, you can master the technique and improve your swim speed and efficiency in the water. By following the tips and drills outlined in this article, you can take your swimming to the next level.



Swim Speed Secrets: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) by Sarah Dessen

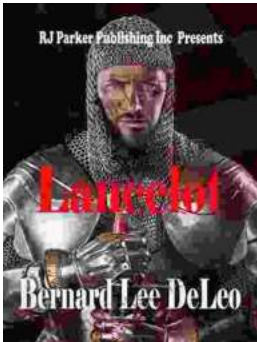
★★★★☆ 4.6 out of 5

Language : English

File size : 121738 KB

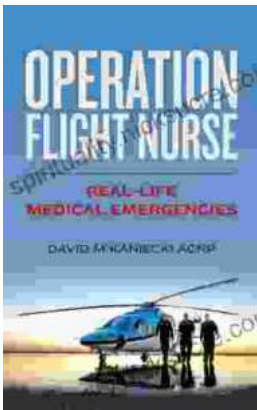
Text-to-Speech : Enabled

Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 210 pages



Lancelot Bernard Lee Deleo: A Legendary Guitarist in Modern Rock Music

Lancelot "Lanny" Bernard Lee Deleo is a legendary guitarist and co-founder of the iconic alternative rock band Stone Temple Pilots. His exceptional musicianship,...



Operation Flight Nurse: Real Life Medical Emergencies in the Skies

Operation Flight Nurse is a critical and highly specialized program within the United States Air Force that provides...