



# Austin Public Safety Wellness Center

517 S. Pleasant Valley Rd. Austin, TX 78741 (512) 974-0200 phone / (512) 974-0222 fax



## Swimming Technique - Freestyle

Swimming is a great workout due to its ability to develop upper body, lower body, and core strength as well as improve aerobic fitness. The most crucial aspect of swimming, however, is to develop stroke efficiency first. Proper swimming technique will ensure that the appropriate muscle systems are being engaged and will allow you to swim longer, farther, and faster. Although the purpose of the following workout is to develop correct form it will still be challenging. Repeat the workout until you feel comfortable with your swimming technique then you can move on to the mile swim progression.

### Technique Workout

#### **4 x Superman Float**

1. Push off the wall with your arms stretched straight out and your body completely still
2. Make sure to keep your hips as close to the surface of the water as you can
3. Hold this position until your body stops its forward motion
4. Return to the wall and repeat

#### **2 x 25 yards Superman Float with freestyle kick**

1. Push off the wall in the Superman position and float for 3 – 5 seconds
2. Maintaining that position begin to kick your legs keeping your toes pointed and your knees straight
  - a. Move your legs from the hip joint, not the knees
  - b. Lift your head out of the water or turn it to the side when a breath is needed
3. Continue kicking the entire length of the pool, rest as long as you need, and repeat

#### **2 x Side Float (on each side)**

1. Push off the wall on your side with your bottom arm extended and your top arm resting on the side of your body
  - a. Make sure you push off on the surface of the water
  - b. Keep your face in the water looking at the bottom of the pool
2. Keep your hips as close to the surface as possible
3. Hold this position until your body stops its forward motion
4. Return to the wall and repeat



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## **2 x 25 yards Side Kick (on each side)**

1. Push off the wall in the side position and float for 3 – 5 seconds
2. Maintaining that position begin to kick your legs keeping your toes pointed and your knees straight
  - a. Move your legs from the hip joint, not the knees
  - b. Turn your head to the side when a breath is needed
3. Continue kicking the entire length of the pool, rest as long as you need, and repeat

## **2 x 25 yards Six Count Switch**

1. Push off the wall in the side position and count 6 kicks
2. Take a stroke and roll onto your stomach for 6 kicks
3. Roll to the other side for 6 kicks
4. Continue this pattern, breathing to the side when necessary, and rest as long as you need

## **2 x 25 yards Freestyle**

1. Push off the wall in the side position
2. Take a stroke and count 2 kicks
3. Roll to your other side and count 2 kicks
4. Continue this pattern, breathing to the side when necessary, and rest as long as you need

Congratulations! You have mastered the basics of the freestyle. Once you are comfortable and moving efficiently in the water it's time to try the half-mile or mile swim progression workouts. These workouts will build your strength and endurance and will culminate in swimming a half-mile or mile without stopping.