

## **Dynamic Balance Drill**

Kicking gently, you will rotate your body 90° in the same direction, four times as described below. Do not move to the next position until you are balanced and comfortable in the current position. Begin in back balance position (face straight up, arms at sides, kicking on your back)

1. Rotate your body 90° onto your side, rotating your head 180° to face straight down.
2. Rotate your body 90° onto your belly (keep facing down).
3. Rotate your body 90° onto your *other* side (still facing down).
4. Rotate your body 90° onto your back, rotating you head 180 degrees to face straight up.

Breathe! Take at least two breaths and get re-balanced and re-focused in back balance position. Then repeat the sequence, but this time rotating in the other direction.

## **One-Arm Freestyle Drill**

The hard way: The arm you are not stroking with remains at your side. Switch arms at the start of each length. Breathe the stroking arm side for two lengths. Then breathe on the resting arm side for two lengths.

## **Open Turns and Streamlining**

Swim right to the wall (no slowing down):

1. As you touch the wall with one arm extended, tuck your legs (knees to chest)
2. Lift your head to breathe, but only as high as necessary as you “slide” into the wall.
3. Drop onto your back and into the water
4. Streamline and push off evenly, about a foot below the surface
5. Glide to the surface on your side.
6. Begin stroking – first stroke with the lower arm is a quick, rotational stroke.

## **Suggested Workout**

### **Warm-Up**

4 x 100 Freestyle: Each hundred slightly faster than the last

### **Main Sets**

4 x 50 Dynamic Balance Drill

2 x 200 Freestyle: Maintain the same stroke count for all eight lengths

4 x 50 One-Arm Freestyle Drill, change stroking arm each length. Breathe on the stroking arm side for two lengths, then breathe on the resting arm side for two lengths.

2 x 200 Freestyle: Maintain the same stroke count for all eight lengths

### **Warm-Down**

1 x 200 Freestyle: Swim quietly

## **Dryland Exercises for Better Streamlining**

Streamlining is *the* most important aspect of efficient swimming technique. Here are some dryland exercises that will help.

### **Exercise 1: Strengthen Your Core Stabilization Muscles**

You need some core strength to hold your body stable in streamlined position. Build to one minute in each plank position:

- Front plank: body supported by elbows and toes, head neutral on spine looking down
- Left side plank: body on left side, supported by left elbow and side of left foot, right arm resting on right side, head neutral on spine
- Right side plank: same as above, on right side

After you are comfortable in the above positions for one minute each, begin doing the planks with a very gradual, very controlled rocking motion, rotating around your spine.

### **Exercise 2: Straighten the Curves**

At home or on a pad on the deck. Begin by lying on your back, knees raised, feet on the floor, arms relaxed at sides. Hold each of the following positions for 60 seconds.

- Press your lower spine flat on the floor – eliminate the lower arch.
- Keep the lower spine flat. Now press your neck flat on the floor (at first, this will be impossible for most people over about 15 years of age – get that neck as flat as you can).
- Maintaining the position described above, slide your feet forward to lower your legs onto the floor, trying to relax your legs so that your core muscles are doing the work.
- Extend your arms straight up towards the ceiling, and for the remaining time alternately lower one arm, then the other, straight back (overhead) to the floor.

### **Exercise 3: Sit Up Straight!**

Whenever sitting, sit up straight. Do not lean back in your chair. Avoid chairs with seatbacks and arm rests. Most of you can be exercising your core stabilization muscles all day long!