



## Legal Notice

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Exercise		Intensity	Coaching Points	<p><b>The Breaststroke Sequence</b></p>
<b>Warm Up</b>	6 lengths gentle swim	50% effort		
<b>Full Stroke</b>	12 lengths full stroke	70% effort	Steady pace Controlled breathing	
<b>Legs</b>	Swim on the back with a woggle (long float) held under the arms. Leg kick only.	8 lengths. 100% effort	Feet turned out they drive back. Heels drawn up to the seat together.	
<b>Legs</b>	Kick board (float) held in front, arms straight, head up. Legs only	8 lengths 100% effort	Push and glide Steady, controlled and relaxed.	
<b>Arms</b>	Swim on the front with a woggle (long float) held under the arms. Keep legs still, arms only.	8 lengths. 100% effort	Smooth action Fingers together Tuck elbows into sides.	
<b>Breathing</b>	Swim on front with woggle held under arms Very slow full stroke, emphasis on breathing	4 lengths 60% effort	Inhale as arms pull back.  Blow hands for-	
<b>Full Stroke</b>	16 lengths full stroke.	70% effort	Stretch body Kick and glide Relaxed and steady.	
<b>Cool down</b>	6 lengths slow swim - any stroke			
<b>Stretch</b>				