
the complete guide to

swimming

front crawl

**learn, improve and fine-tune basic
front crawl technique**

**fully illustrated with
practical exercises**

mark young

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front crawl

body position, legs, arms, breathing and timing

Front crawl is the fastest, most efficient stroke of them all. This is largely down to the streamlined body position and continuous propulsion from the arms and legs.

The alternating action of the arms and legs is relatively easy on the joints and the stroke as a whole develops aerobic capacity faster than any other stroke. In competitive terms it is usually referred to as Freestyle.



The constant alternating arm action generates almost all of the propulsion and is the most efficient arm action of all strokes. The leg action promotes a horizontal, streamlined body position and balances the, arm action but provides little propulsion.

Freestyle breathing technique requires the head to be turned so that the mouth clears the water but causes minimal upset to the balance of the body from its normal streamlined position.



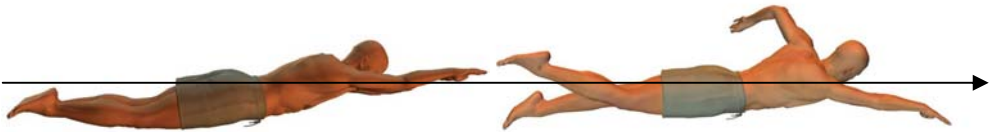
The timing and coordination of front crawl arms and legs occurs most commonly with six leg kicks to one arm cycle. However, stroke timing can vary, with a four beat cycle and even a two beat cycle, which is most commonly used in long distance swims and endurance events.

body position

The overall body position for this swimming stroke is streamlined and as flat as possible at the water surface, and the head in-line with the body.

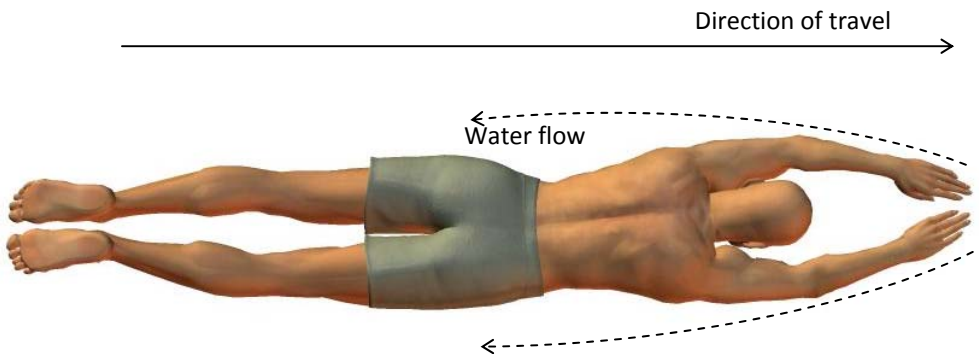
The waterline is around the natural hairline with eyes looking forward and down.

If the position of the head is raised it will cause the position of the hips and legs to lower which in turn will increase frontal resistance.



If the head position is too low it will cause the legs to raise and the kick to lose its efficiency.

Shoulders remain at the surface and roll with the arm action. Hips also roll with the stroke technique, close to the water surface and the legs remain in line with the body.



Streamlined body position minimises drag, allowing efficient movement through the water

The stroke exercises contained in the following part of this book form a reference section for each aspect of front crawl swimming stroke.

what are they?

Each specific exercise focuses on a certain aspect of the swimming stroke, for example the body position, the leg kick, the arms, the breathing or the timing and coordination, all separated into easy to learn stages. Each one contains a photograph of the exercise being performed, a graphical diagram and all the technique elements and key focus points that are relevant to that particular exercise.

how will they help?

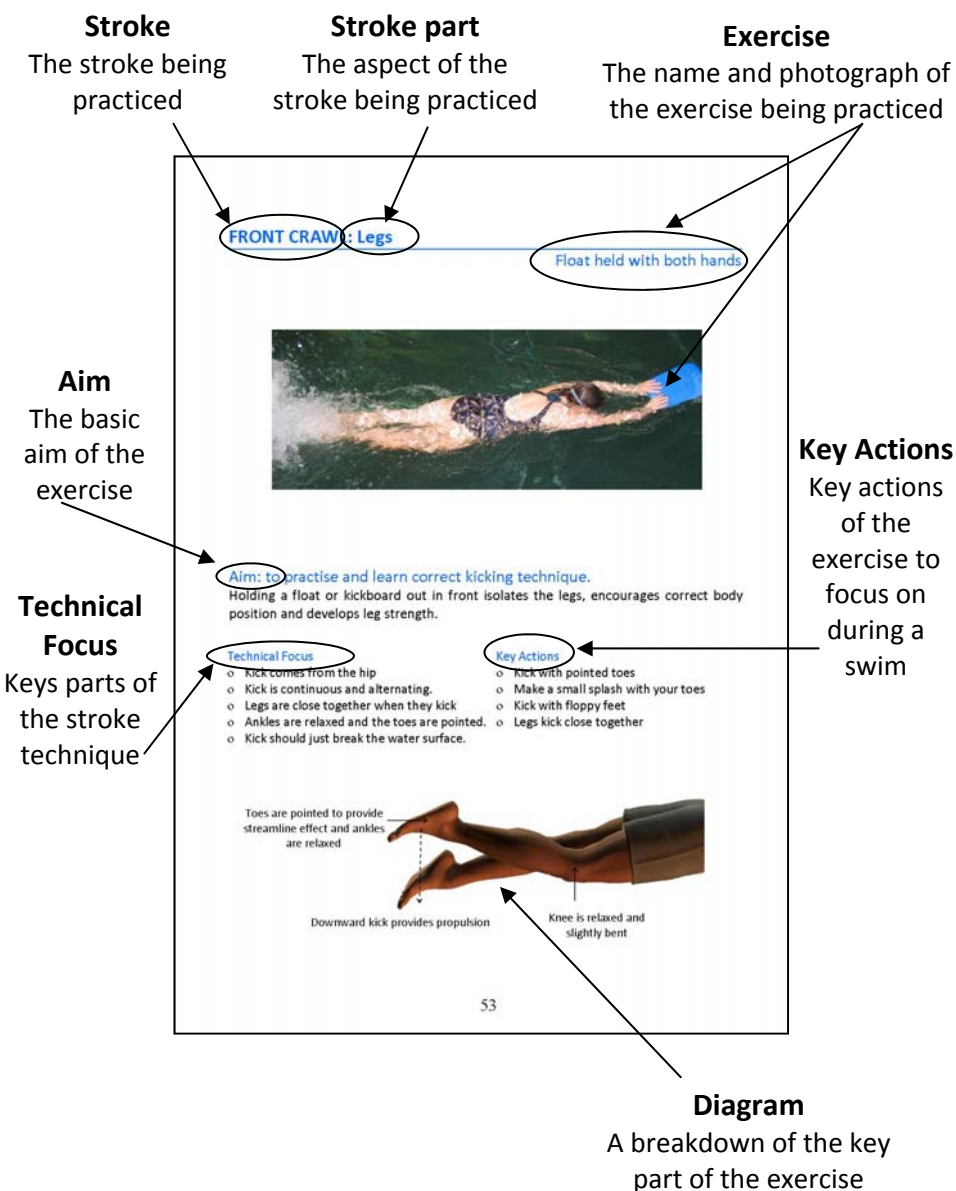
They break down your swimming stroke into its core elements and then force you to focus on that certain area. For example if you are performing a leg kick exercise, the leg kick is isolated and therefore your focus and concentration is only on the legs. The technical information and key focus points then fix your concentration on the most important elements of the leg kick. The result: a more efficient and technically correct leg kick. The same then goes for exercises for the arms, breathing, timing and coordination and so on.

will they improve your swimming strokes?

Yes, definitely! These practical exercises not only isolate certain areas but can highlight your bad habits. Once you've worked through each element of the stroke and practiced the exercises a few times, you will slowly eliminate your bad habits. The result: a more efficient and technically correct swimming stroke, swum with less effort!

how to use this section

The page layout for each exercise follows the same format, keeping all relevant information on one page. The aims, technical focuses and key points are all listed with a photograph and graphical diagram of the exercise.



FRONT CRAWL: Legs

Legs kick with a float held under each arm



Aim: to learn correct kicking technique and develop leg strength.

The added stability of two floats will help boost confidence in the weak swimmer.

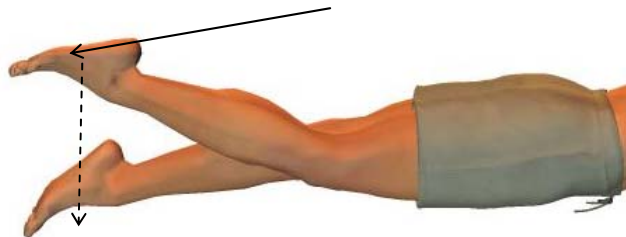
Technical Focus

- o Kick comes from the hip
- o Kick is continuous and alternating
- o Chin remains on the water surface
- o Legs are close together when they kick
- o Ankles are relaxed and the toes are pointed
- o Kick should just break the water surface
- o Upper body and arms should be relaxed

Key Actions

- o Kick with straight legs
- o Pointed toes
- o Kick with floppy feet
- o Kick from your hips
- o Kick continuously

Toes are pointed to provide streamline effect and ankles are relaxed



Downward kick provides propulsion

The Complete Guide to Swimming Front Crawl is the perfect quick-fix for anyone wanting an easy to follow, concise and simplistic guide book. For the complete beginner, this book helps to learn and understand the basic stroke, and for the established swimmer to adjust and improve. The 22 fully illustrated exercises contained in this book cover all aspects of the stroke and can help any beginner to learn and practice, and any swimmer to eliminate bad habits and fine tune their front crawl.

“A simple, yet highly detailed guide to helping anyone learn, improve and enhance their front crawl technique in easy simplistic steps”

Mark Young – author

Mark Young is a well established swimming instructor with over twenty years experience of teaching thousands of adults and children to swim. He has taught countless beginners from scratch and turned many of average ability into advanced swimmers. This book draws on his experiences and countless successes to put together this simplistic methodical approach to mastering front crawl swimming technique.

