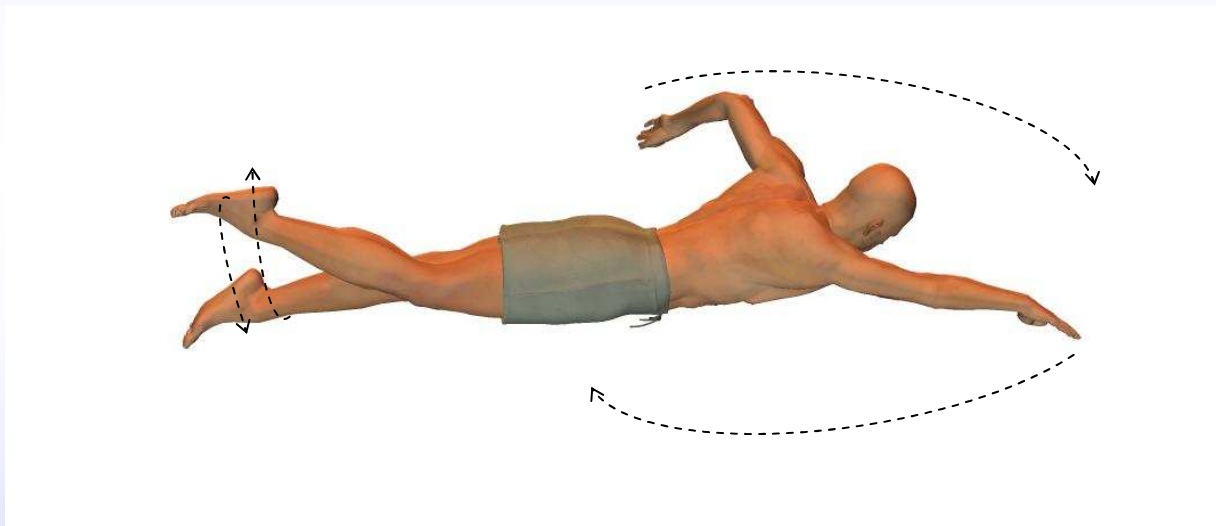


# front crawl

---

## Front Crawl Technique Made Easy



**Front crawl swimming stroke  
broken down and explained**

---

Published in association with

***swim-teach.com***

©swim-teach.com

The logo for swim-teach.com features the text 'swim-teach.com' in a white, italicized, sans-serif font. The text is set against a blue background that has a horizontal gradient and a subtle, wavy pattern, resembling water or a sky over water.

*the number one resource for learning to swim and improving swimming technique*

## Legal Notice

Copyright ©2008, swim-teach.com

All rights reserved. No portion of this document may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This document may not be reproduced in any form (other than for purposes of review) without the written permission of the publisher.

The material contained in this document is set out in good faith for general guidance and no liability can be accepted for loss or expense incurred as a result of relying in particular circumstances on statements made in the document.

Whilst every effort has been made to ensure the content of this document is as technically accurate and as sound as possible, neither the author nor the publisher can accept responsibility for any injury or loss sustained as a result of the use of this material.

## Front Crawl stroke technique

This stroke 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.



## Legs

The leg kick for this swimming stroke should originate from the hip and both legs should kick with equal force.

Legs kick in an up and down alternating action, with the propulsive phase coming from the down kick. There should be a slight bend in the knee due to the water pressure, in order to produce the propulsion required on the down kick.



## Arms

The continuous alternating arm action provides the majority of the power and propulsion of the entire swimming stroke. The arm action phases are:

- Entry
- Catch
- Propulsive
- Recovery

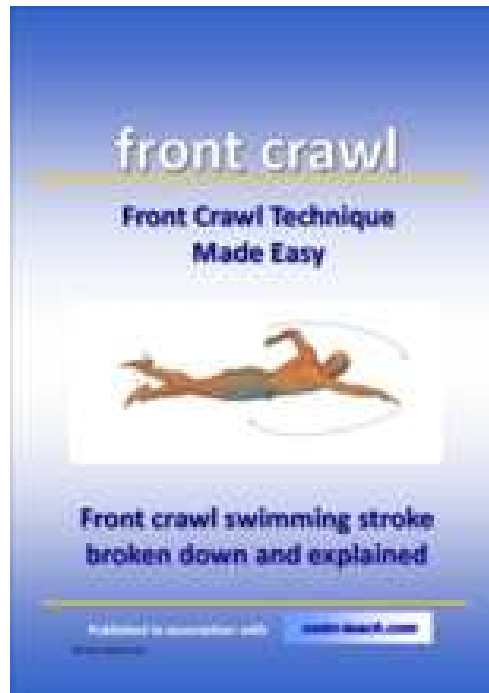
## Breathing

Types of Breathing

- Trickle
- Explosive

Download the FULL VERSION of this eBook for a special offer price of

**\$7.99**



**Contains:**

- More detail
- More diagrams
- 2 BONUS exercises for improving your front crawl.

Get your INSTANT download when you pay by PayPal or Credit Card



Available exclusively at

***swim-teach.com***

# front crawl



**Bonus exercise**

## FRONT CRAWL: Legs



### Holding the poolside



**Aim: to encourage the swimmer to learn the kicking action.**

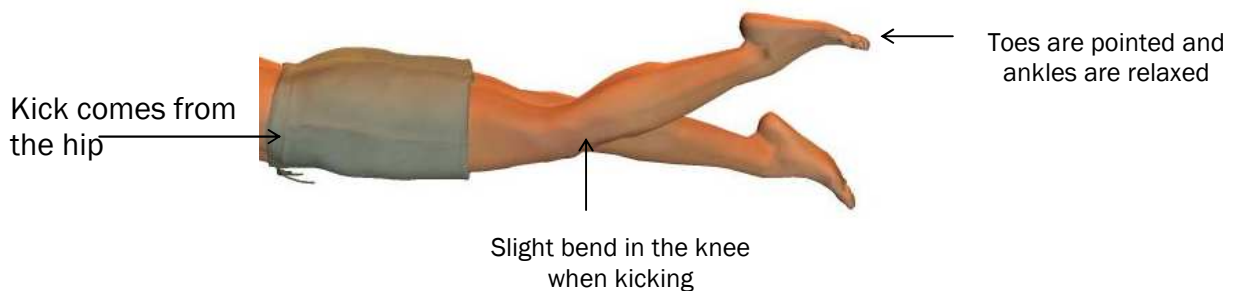
Holding the poolside enhances confidence and helps develop leg strength.

#### Technical Focus

- o Kick comes from the hip
- o Kick is continuous and alternating
- o Knee is only slightly bent
- 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

#### Key Actions

- o Kick with straight legs
- o Pointed toes
- o Make a small splash with your toes
- o Kick with floppy feet
- o Kick from your hips
- o Kick continuously
- o Legs kick close together



For a more Front Crawl exercises go to:

<http://www.swim-teach.com/swimming-exercises-fc.html>