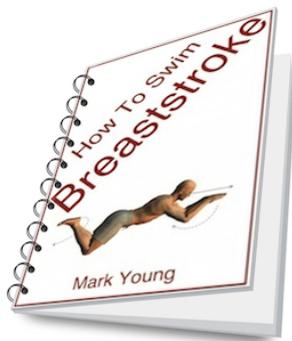


Breaststroke Workout

Exercise		Intensity	Coaching Points
Warm Up	6 lengths gentle swim	50% effort	
Full Stroke	12 lengths full stroke	70% effort	Steady pace Controlled breathing
Legs	Swim on the back with a swim woggle held under the arms. Leg kick only.	8 lengths. 100% effort	Feet turned out when they drive back. Heels drawn up to the seat together.
Legs	Kick board (float) held in front, arms straight, head up. Legs only	8 lengths 100% effort	Push and glide Steady, controlled and relaxed.
Arms	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.
Breathing	Swim on front with or without woggle under arms Very slow full stroke, emphasis on breathing	4 lengths 60% effort	Inhale as arms pull back. Blow hands forwards.
Full Stroke	16 lengths full stroke.	80% effort	Stretch body Kick and glide Relaxed and steady.
Cool down	6 lengths slow swim - any stroke Stretch		

The number of lengths and percentage effort can be changed to suit the swimmers ability.

All of the above exercises and teaching points are explained and illustrated in:



How To Swim Breaststroke

Contains everything you need to fine-tune your basic breaststroke technique.

Download it here:

<http://www.swim-teach.com/how-to-swim-breaststroke.html>

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