the complete guide to

swimming

breaststroke

learn, improve and fine-tune basic breaststroke technique

fully illustrated with practical exercises

mark young
**Contents**

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breaststroke Technique</strong></td>
<td>4-11</td>
</tr>
<tr>
<td>body position</td>
<td>5</td>
</tr>
<tr>
<td>leg kick</td>
<td>6</td>
</tr>
<tr>
<td>arm action</td>
<td>7</td>
</tr>
<tr>
<td>breathing</td>
<td>8</td>
</tr>
<tr>
<td>timing</td>
<td>10</td>
</tr>
<tr>
<td>full stroke</td>
<td>11</td>
</tr>
<tr>
<td><strong>Breaststroke Exercises</strong></td>
<td>13-36</td>
</tr>
<tr>
<td>what are they?</td>
<td>14</td>
</tr>
<tr>
<td>how to use this section</td>
<td>15</td>
</tr>
<tr>
<td>body position</td>
<td>16</td>
</tr>
<tr>
<td>leg kick</td>
<td>17</td>
</tr>
<tr>
<td>arm action</td>
<td>25</td>
</tr>
<tr>
<td>breathing</td>
<td>30</td>
</tr>
<tr>
<td>timing</td>
<td>33</td>
</tr>
<tr>
<td>full stroke</td>
<td>36</td>
</tr>
</tbody>
</table>

**Quick Reference** 37

**Index of Stroke Exercises** 38
Breaststroke is the oldest and slowest of the four swimming strokes. It is also the most inefficient of all strokes, which is what makes it the slowest. Propulsion from the arms and legs is a consecutive action that takes place under the water. A large frontal resistance area is created as the heels draw up towards the seat and the breathing technique inclines the body position also increasing resistance. These are the main reasons that make this stroke inefficient and slow.

This stroke is normally one of the first strokes to be taught, especially to adults, as the head and face is clear of the water, giving the swimmer a greater perception of their whereabouts and their buoyancy. There are variations in the overall technique, ranging from a slow recreational style to a more precise competitive style. Body position should be as flat and streamlined as possible with an inclination from the head to the feet so that the leg kick recovery takes place under the water.
The leg kick as a whole should be a simultaneous and flowing action, providing the majority of the propulsion.

The arm action should also be simultaneous and flowing and overall provides the smallest propulsive phase of the four strokes.

The stroke action gives a natural body lift which gives the ideal breathing point with each stroke and a streamlined body position during the timing sequence of the arm and leg action is essential to capitalise on the propulsive phases of the stroke.

**body position**

The body position should be inclined slightly downwards from the head to the feet.

The body should be as flat and streamlined as possible with an inclination from the head to the feet so that the leg kick recovery takes place under the water.

Head movement should be kept to a minimum and the shoulders should remain level throughout the stroke.

![Body position at a slight angle if the head is above the water surface](image)

Body position at a slight angle if the head is above the water surface

![Body position flatter and more streamlined during the glide phase when the face is submerged](image)

Body position flatter and more streamlined during the glide phase when the face is submerged

The main aim should be good streamlining, however the underwater recovery movements of the arms and legs together with the lifting of the head to breathe, all compromise the overall body position. In order to reduce resistance created by these movements, as the propulsive phase of an arm pull or leg kick takes place, the opposite end of the body remains still and streamlined.
The stroke exercises contained in the following part of this book form a reference section for each aspect of breaststroke 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 though 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!
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.
BREASTSTROKE: Legs

Prone position with a float held under each arm

Aim: to practise and develop correct leg technique in a prone position.
Using two floats aids balance and stability and encourages correct body position whilst moving through the water.

Technical Focus
- Leg kick should be simultaneous
- Heels are drawn towards the seat
- The feet turn out just before the kick
- Feet kick back with knees inline with the hips
- Feet come together at the end of the kick

Key Actions
- Keep your knees close together
- Point your toes to your shins
- Drive the water backwards with your heels
- Glide with legs straight at the end of the each kick

Heels are drawn up towards the seat. Soles face upwards
Feet turn outwards to allow the heels and soles to aid propulsion
Heels push back and outwards in a whip-like action
The Complete Guide to Swimming Breaststroke

The basic stroke parts **PLUS** 21 of the best exercises to fine tune your breaststroke technique

The Complete Guide to Swimming Breaststroke 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 21 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 breaststroke.

Click or copy and paste the link below and download your copy

http://www.swim-teach.com/breaststroke-swimming.html

Also Available on

[amazon.com](http://www.amazon.com/)  [amazon.co.uk](http://www.amazon.co.uk/)  [iTunes](http://www.apple.com/)  [amazon Kindle](http://www.amazon.co.uk/)

**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 breaststroke swimming technique.