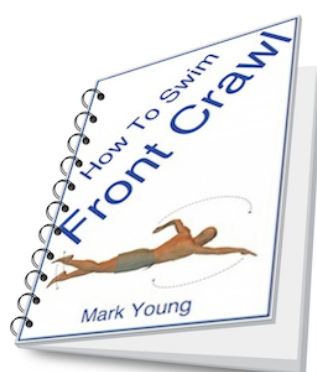


Front Crawl Workout

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	Kick board (float) held out in front with both hands. Arms straight, face down. 2 lengths, 15 seconds rest, <u>Repeat 4 times.</u>	100% effort	Toes pointed
Arms	Pullbuoy held between legs to stop kick. Arms only. 2 lengths, 15 seconds rest. <u>Repeat 4 times.</u>	100% effort	Unhurried Elbow out first Pull to the thigh
Breathing	Kick board (float) held out in front. 1 length trickle breathing (breathe out slowly into the water) Breathe to last as long as possible. <u>Repeat 6 times.</u>	70% effort	Breathe out slowly Control the breath.
Breathing	Full stroke. 1 breath to last whole length. 1minute rest, <u>repeat 4 times</u>	70% effort	Steady pace Relaxed
Full Stroke	12 lengths full stroke.	70% effort	Steady pace Relaxed stroke
Cool down	4 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 Front Crawl

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

Download it here:

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

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