

The
**Swimming
Strokes** Book



**82 Easy Exercises For Learning
How To Swim The Four Basic
Swimming Strokes**

Mark Young

The
Swimming Strokes
Book

82 Easy Exercises For Learning How To Swim
The Four Basic Swimming Strokes

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Need some extra help learning to swim? Do you find aspects of swimming technique difficult?

The Swimming Strokes Book is the perfect helping hand for learning the four basic swimming strokes, front crawl, backstroke, breaststroke and butterfly.

This book contains specific exercises for every aspect of each of the four basic swimming strokes. The exercises make the individual parts of each stroke simple and therefore easier to swim.

This is an ideal book for any beginner to accompany their swimming lessons and perfect for average swimmers to learn or improve their basic swimming strokes.

Clear, concise and easy to follow.

To **download** the full version of this book **including all exercises**, go to:
<http://www.swim-teach.com/swimming-strokes-book.html>

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Breaststroke Technique

body position

leg kick

arm action

breathing

timing

Breaststroke Exercises

body position

leg kick

arm action

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Common Questions

Butterfly Technique

body position

leg kick

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Butterfly Exercises

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How to use this book

Learning how to swim can be a frustrating experience sometimes, especially for an adult. Kick with your legs, pull with your arms, breathe in, breathe out and do it all at the right time. Before you know it you've got a hundred and one things to think about and do all at the same time or in the right sequence.

The Swimming Strokes Book is designed to break each stroke down into its component parts, those parts being body position, legs, arms, breathing and timing and coordination. An exercise or series of exercises are then assigned to that part along with relevant teaching points and technique tips, to help focus only on that stroke part.

The 82 exercises form reference sections for each swimming stroke, complete with technique tips, teaching points and common mistakes for each individual exercise.

What exactly are these exercises?

Each specific exercise focuses on a certain part 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 technique 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 help to learn and improve your swimming strokes?

Yes, definitely! Although it is not the same as having a swimming teacher with you to correct you, these practical exercises perfectly compliment lessons or help to enhance your practice time in the pool. They not only isolate certain areas but also 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!

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FRONT CRAWL: Legs

Float held with both hands



Aim: to practise and learn correct kicking technique.

Holding a float or kickboard out in front isolates the legs, encourages correct body position and develops leg strength.



Key Actions

- Kick with pointed toes
- Make a small splash with your toes
- Kick with floppy feet
- Legs kick close together

Technical Focus

- Kick comes from the hip
- Kick is continuous and alternating.
- Legs are close together when they kick
- Ankles are relaxed and the toes are pointed.
- Kick should just break the water surface.

Common Faults

- Knees bend too much
- Feet come out of the water
- Kick comes from the knee
- Legs are too deep in the water

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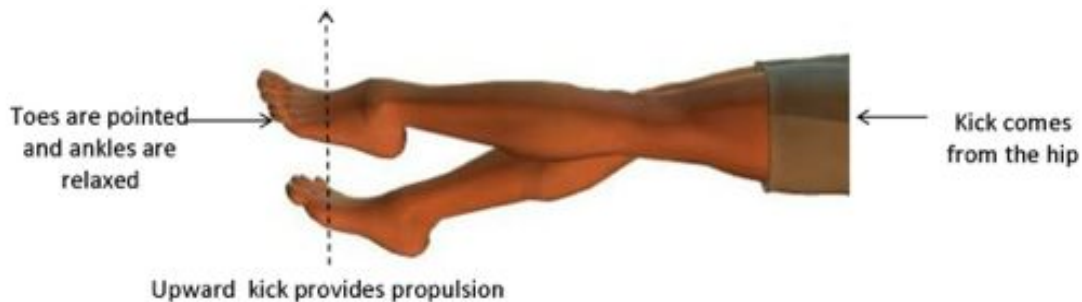
BACKSTROKE: Legs

Woggle held under the arms



Aim: to practise and develop correct leg kick action.

This exercise is ideal for the nervous beginner as an introduction to swimming on the back. The stability of the woggle encourages kicking and motion backwards with ease.



Key Actions

- Point your toes like a ballerina
- Kick from your hips
- Kick with floppy feet
- Make a small splash with your toes

Technical Focus

- Kick comes from the hips
- Kick is alternating and continuous
- Kick breaks the water surface
- Hips and tummy up near the surface
- Toes are pointed and ankles relaxed
- Legs are together
- Slight knee bend

Common Faults

- Kick comes from the knee
- Hips sink and legs kick too deep
- Toes are turned up

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BREASTSTROKE: Legs

Prone position with a float held under each arm



Aim: to practise and develop correct leg technique in a prone position.

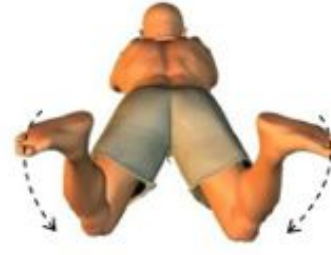
Using two floats aids balance and stability and encourages correct body position whilst moving through the water.



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

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

Technical Focus

- Leg kick should be simultaneous
- Heels are drawn towards the seat
- The feet turn out just before the kick

Common Faults

- One foot turns out, causing a 'scissor' like kick
- Legs kick back and forth
- Legs kick is not simultaneous
- Toes are not pointed at the end of the kick

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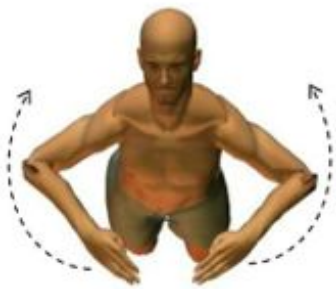
BUTTERFLY: Arms

Walking on the pool floor

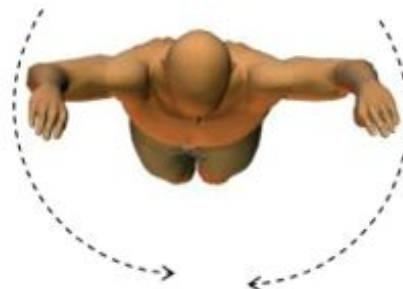


Aim: to progress from the previous practice and develop the arm action.

The swimmer can get a feel for the water whilst walking and performing the simultaneous arm action.



Arms pull through simultaneously



Arms are thrown forwards over the water surface

Key Actions

- Move both arms at the same time
- Thumbs go in first
- Draw a keyhole under your body
- Push past your thighs

Technical Focus

- Arms move simultaneously
- Hands enter the water in line with the shoulders
- Hands pull in the shape of a keyhole

Common Faults

- Arm action is not simultaneous
- Arms are too straight
- Fingers are apart

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