

Breaststroke Progression

Kick

Kick on wall – hug wall, point toes, recover heels toward your hips w/o letting hips come off wall

Vertical kick – kick compact, crisp and rapid. Finish your feet.

Pull buoy kick – kick without losing the pull buoy, keep knees narrow

Heel check on stomach – finish your feet by touching them together at the end

Heel check on back – knees do not break the surface, draw heels straight back to your butt, turn ankles out and execute kick

Superman kick on stomach – finish each kick firmly by snapping feet together and slightly down. This will help pop your hips up

Arms

Arm sweeps – shallow water bend at waist. Sneak the breath. Keep hands in front of you with quick in-sweeps

Pull with noodle or over lane line – in-sweep is quicker than out-sweep, power comes from in-sweep

Breast pull flutter kick – keep pull short and compact on out-sweep and in-sweep, feel like slipping and sliding just under the water line

Breast pull dolphin kick

Acceleration drill – use no or minimal flutter kick, out-sweep is slow, in-sweep is fast, back to streamline is fast

Head up breaststroke shoots – head up, sweep hands up and over the water, shoot them through quick as possible. Getting feeling of fast hands, feeling of speed and power in your in-sweep

Dive downs – Start with breast pull /dolphin kick ending with dive down below the surface. Streamline. Kick with arms remaining in streamline.

Underwater undulation - swim underwater, do small mini-pulls with light dolphin kick

Timing

Kick-dive progression

Regular breaststroke, dive into streamline just under surface.

Remain in streamline do 3 kicks (no breath) then one full breaststroke

2 kicks one full stroke

One stroke, dive into streamline, 1 kick, one stroke

Underwater full breaststroke – head still

Up-Down Combo – 3 strokes up, 3 down (just under the surface)

2 up, 2 down

1 up, 1 down

Pull Stop Kick Stop- Separate the pull from the kick

Do a single pull of breaststroke with no kick at all (legs hang). Dive head down and streamline. Stop. Without breathing now execute a single kick in streamline position. Finish firmly and glide. Repeat.

Key Points

Timing is the most important. The timing is pull, kick, stretch. Do not start with the kick.

Keep the upper body in a streamlined position and kick it through the water.

Hands scull out and then in, accelerating in speed.

Finish each kick.

Stretch with the head between the arms.

Keep head in alignment with spine.