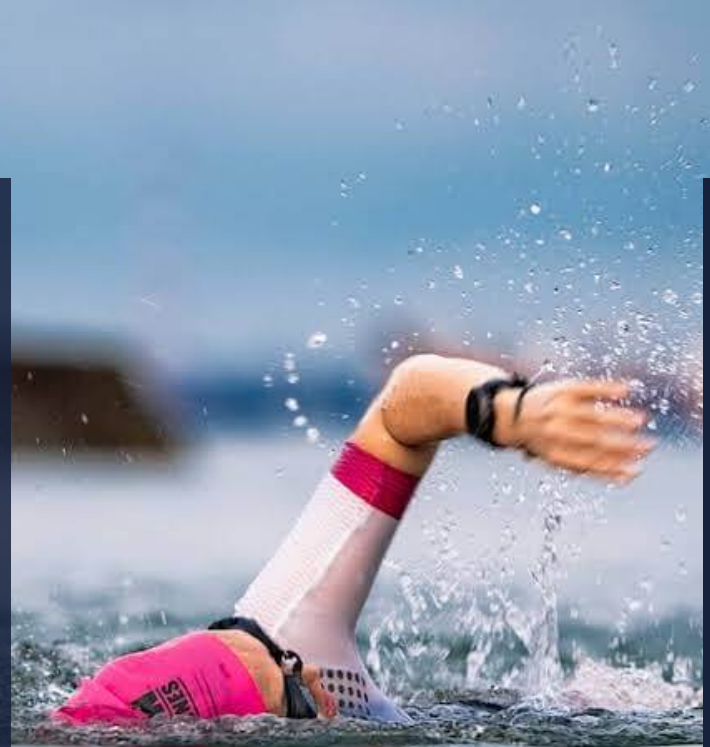


SWIM MECHANICS

Swim faster, farther, and safer with endurance training



CAROLINA
MULTISPORTS

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Breaking down the stroke helps improve it.

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Recommended tools to improve proprioception in the water to improve overall awareness, mechanics, and strength.

04

Swim Drills

Improve strength and form.

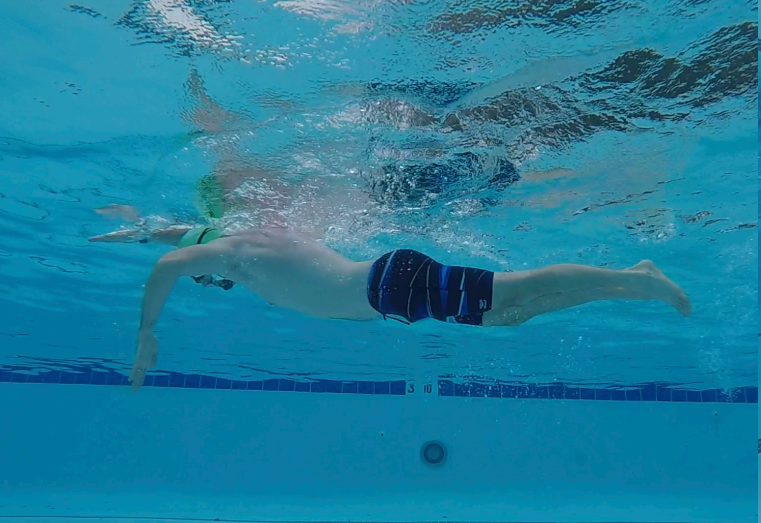
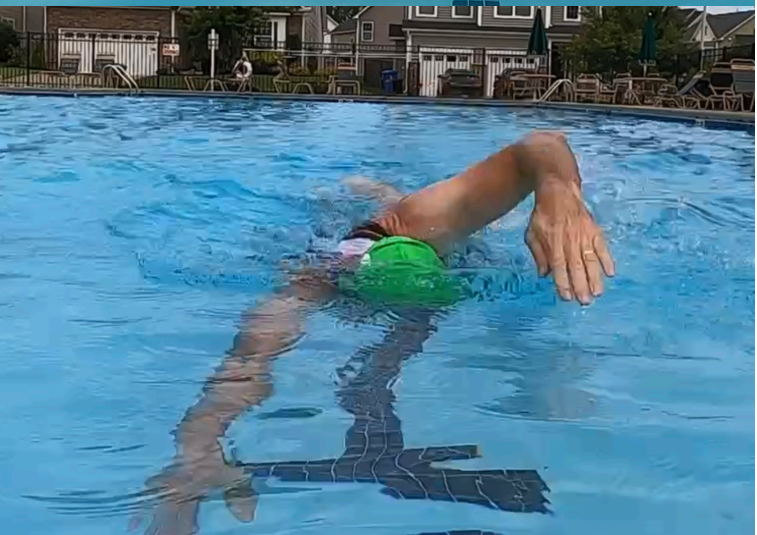
05

Open Water Considerations

Open water presents its own challenges, but it doesn't have to be difficult.

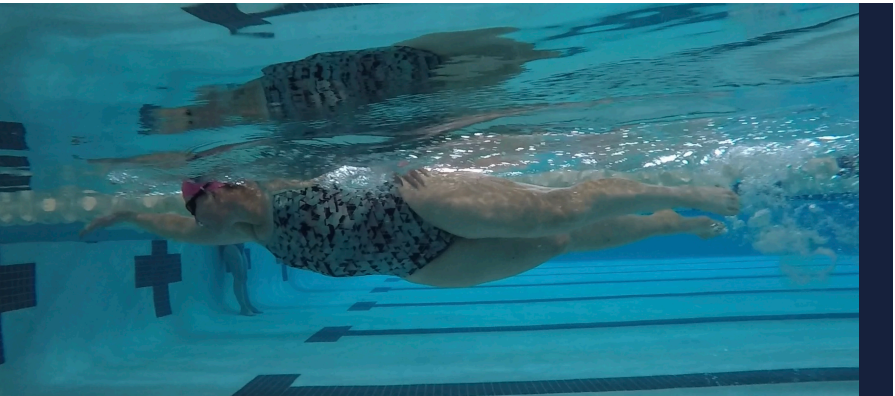
Phases of the Freestyle Stroke

01



Body Alignment

- Body should be parallel to the surface of the water.
- Eyes should look directly down. Head in neutral position. Lengthen back of neck.
- Avoid crook in small of back. Extend!



Rotation

- Reduces your profile in the water.
- Imagine rod running through top of head, down spine and between legs.
- Shoulders and hips rotate together.
- Don't over rotate when breathing.

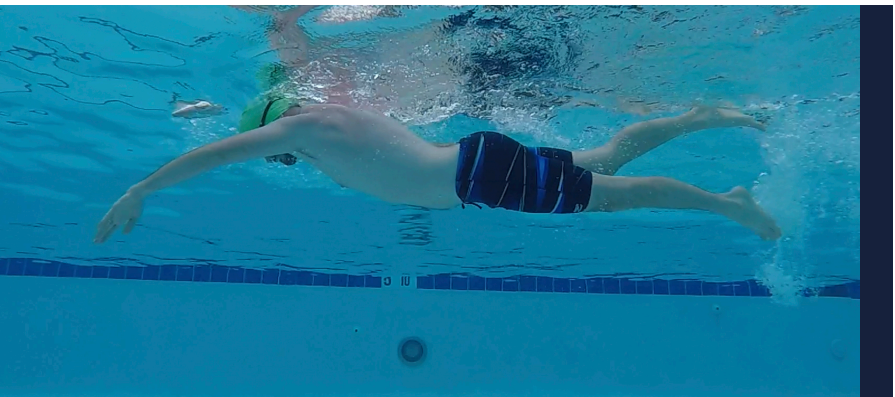
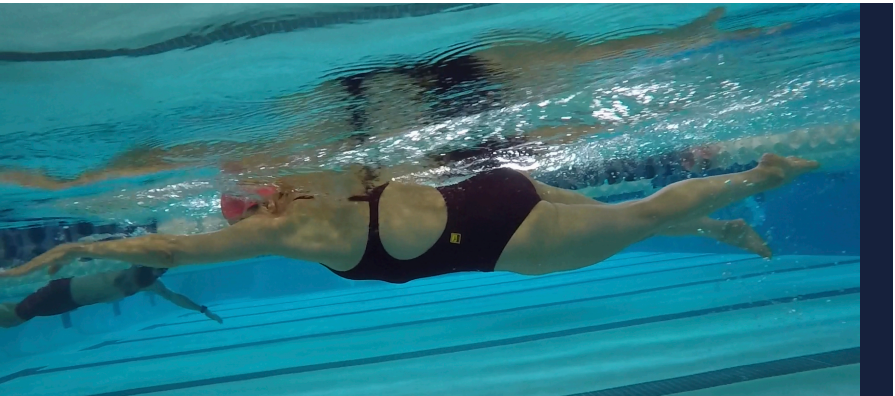


Kick

- Kick more from the hips as opposed to the knees.
- Kick to provide balance in the water.
- “Keep feet inside the bucket.”
- 2 beat kick preferred.

Timing

Be patient. Don't start your catch too soon. Glide.

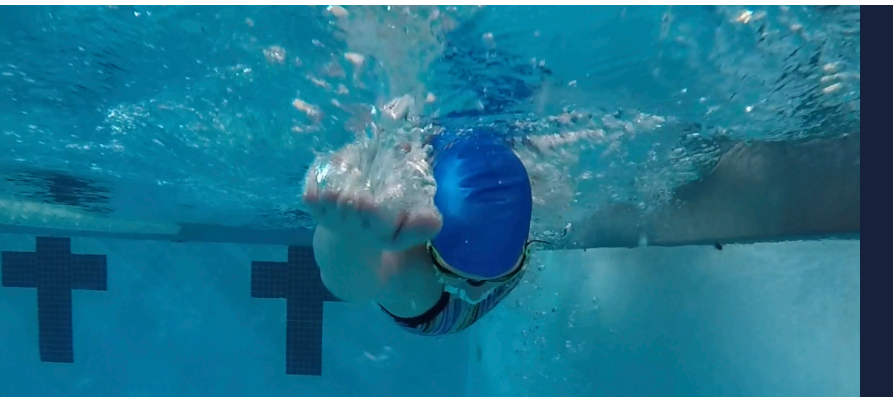
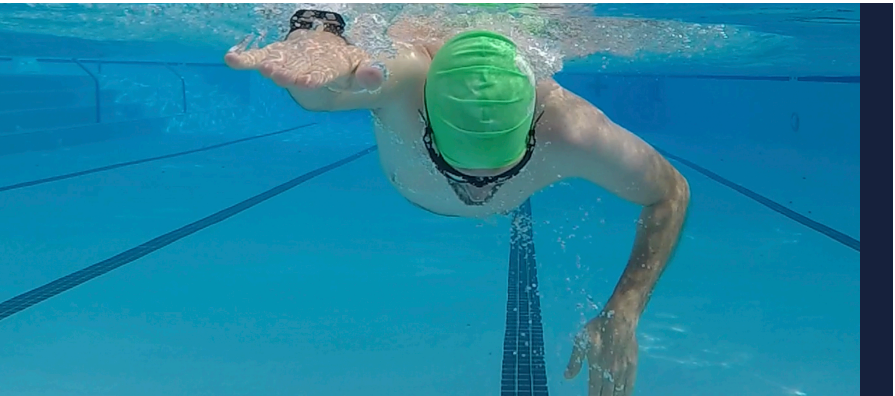


Force

- Arms and hands catching the water. You want to apply forward thrust as opposed to upward lift.
- Be a magician. “Turn water into a solid” to push off of!

Drag

We want to slip through the water.





PADDLES

- Improves water entry angle.
- Increases arm strength.



FINS

- Provides propulsion to allow better focus on upper body drills.
- Increases leg strength.



PULL BUOY

- Improves body alignment.
- Reduces kick.



KICK BOARD

- Versatile tool to aid in drills.



SNORKEL

- Takes breathing component away so you can focus on other areas.



OWS BUOY

- Provides safety in open water.
- Some versions provide storage.



Sculling

Increases feel for the water.

<https://youtu.be/lbWhEzk35tA>

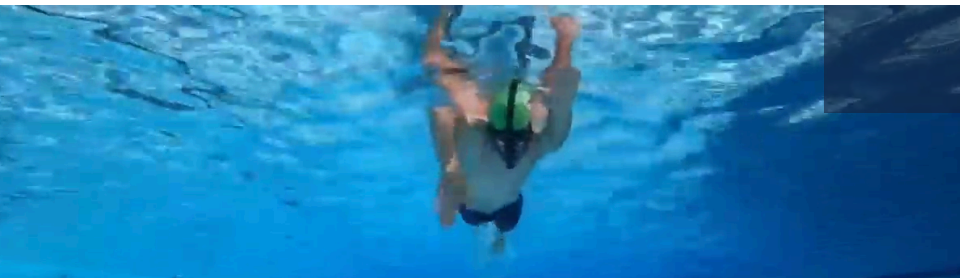
<https://youtu.be/MD4Iya-OdVI>

Hat Drill

Improves body alignment.

<https://youtu.be/89fsovWGctk>

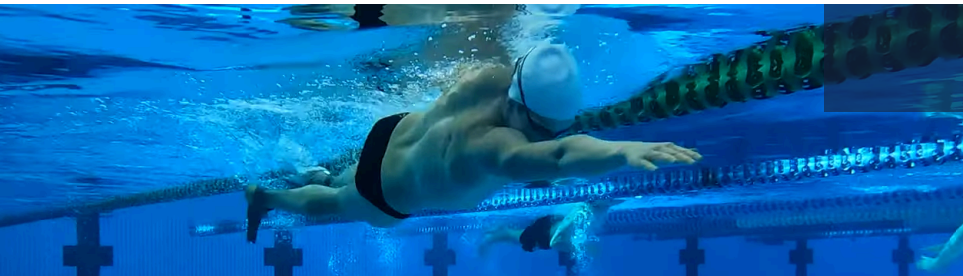
<https://youtu.be/c4ihWjRcnFU>



Short Dog

Improves the catch phase of the stroke.

<https://youtu.be/3ZE8jr-QLbE>



Long Dog

Improves propulsion during the power phase of the stroke.

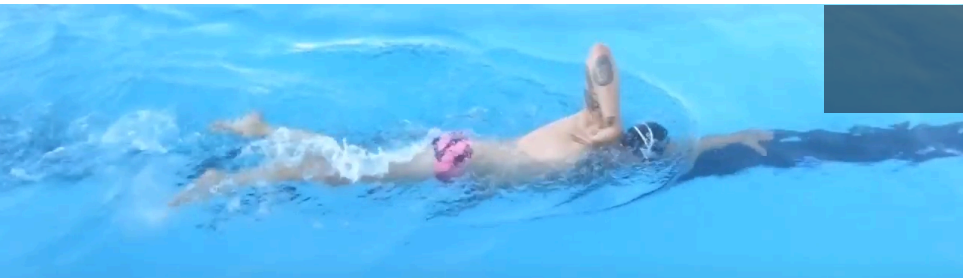
Single Arm

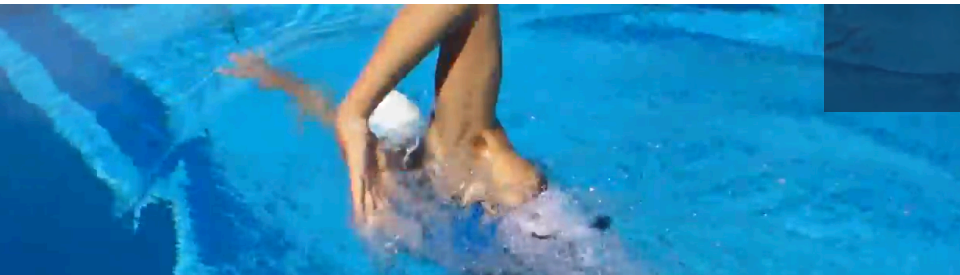
https://youtu.be/_wzmFQ--lys
<https://youtu.be/mCZOT34NCts>



Chicken Wing

<https://youtube.com/shorts/RqkoaLfw9K4?feature=share>
<https://youtu.be/Cs4VoFrwrH8>



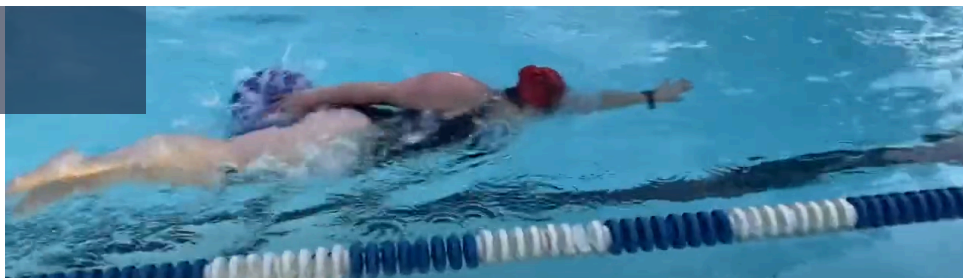


Fingertip Drag

<https://youtu.be/Bt1hdL89dMo>

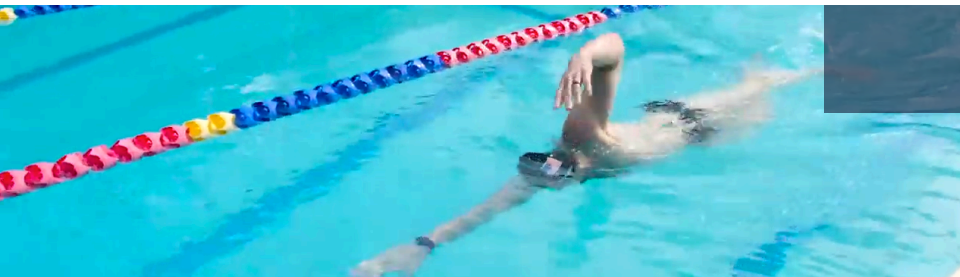
Shark Fin

https://youtu.be/O8pNn9Z4s_k



6-3-6

<https://youtu.be/AciR9AlcETo>



Catch Up

<https://youtu.be/UPOZidhYrlw>
<https://youtu.be/mlW5hcAkD2q>

Tarzan

<https://youtu.be/A7SR-M-aLVM>

Floating Starts

OPEN WATER CONSIDERATIONS

05



Sighting

- “Alligator eyes”
- Don’t follow others.
- Choose landmarks that do not move, e.g. dead trees, water towers, horizon, etc.

Drafting

- Drafting can reduce your efforts by up to 20%.
- To benefit you have to be in the wake of other swimmers. Being at the hip is preferable to feet.

Breathing

- Bi-lateral breathing allows you to adapt.

Pre-Race

- Warm up
- Wetsuit vs. swim skin
- Sun position?
- Sighting landmarks
- Goggle choice

THANKS

Does anyone have any questions?

joel@carolinamultisports.com
(919) 608-4525
CarolinaMultisports.com



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