



FREESTYLE SIMPLIFIED TECHNIQUE

FROM LYING POSITION

When improving your Freestyle technique on the Swim Fast aim to keep your body position as flat as you can on the bench:

- Try to keep your stomach flat and level to support your lower back.
- With eyes looking forward and down, your head should be in line with the body, support your chin or forehead on the roller provided.
- Try to keep your head and spine as still and relaxed as possible.

ARM ACTION ON THE SWIMFAST

- 1 Keep your elbow slightly bent as you reach your hand in front of you, fully supported in the hand paddle provided, then in the same way you would in the water, press down wards allowing the forearm to then also bend, known as EVF in the water, Early Vertical Form. Look for around 180 degrees of movement within the elbow.
- 2 Forward extension with the hands should be between the center line of the head and the shoulder line and the hand should be directed with the palm of hand paddle facing down.
- 3 Don't start pulling back as soon as your hand is in front of you should give yourself room to reach forward under the water before you start to bring your hand back to the body.
- 4 With your elbow slightly bent, sweep forward, then back towards the center of the body, [Imagine pushing the water behind you as you move forward] then out towards the thighs to recover.
- 5 Maximize the efficiency of your stroke by completing the whole arm action and not bringing your arm out from alongside the bench before it reaches your hips.

ADDITIONAL RECOMMENDATIONS

- + Aim for High Elbows during all arm movements.
- + "Press" downwards at the extended stroke.
- + Build slow and controlled movements to start for better developments.
- + Do not over extend the pull too far back; be sure to exit the hands early.

