

Swim Faster Skills Improvement Practices

Eight Workouts to Help you Swim Better and Faster

The Swim Faster Skills Improvement Practices are sets of eight workouts printed on water-proof cards that you bring to the pool. Each practice provides a progress set of skills development practices that get you swimming better, faster and with less effort. These cards are available in two convenient sizes: 8 ½ x 11 inches (16 pt text) and 5 x 7 inches (10 pt text).

The set includes a PDF file that links videos of all of the drills used in the practice via QR code.

Better Swimming Sets

- Better Freestyle
- Better Backstroke
- Better Breaststroke
- Better Butterfly

Includes an important set of curated videos

YouTube is filled with hundreds of videos that discuss swimming drills, analysis and instruction. **But how do you know which are helpful? And how do you know when to follow the right ones at the right time?**

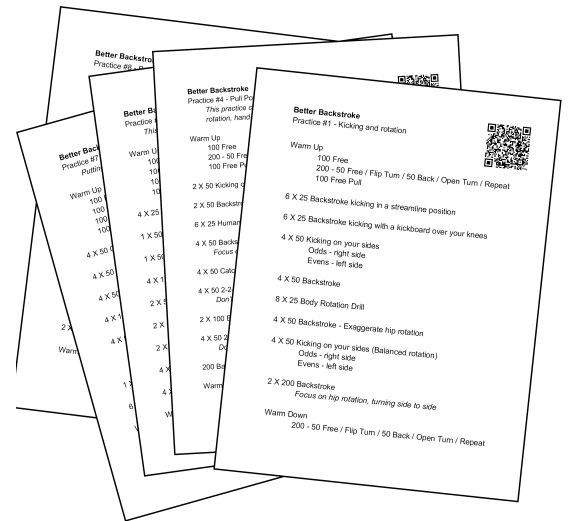
The Better Swimming Practice packages include a series of curated drills on video organized progressively to prepare you for each lesson, building our skills and confidence.

I have carefully selected videos from some of the swimming world's best coaches, top level swimmers and teaching professionals to effectively demonstrate a particular drill integrated into each practice. Each practice includes a QR code that links to all of the drills in the package. You can either review the drills prior to starting the practice, or if your phone is waterproof, watch the video at the pool.

How to Use the Practices

Each practice is printed on a water-proof card and runs about one hour. They are designed in a sequence to develop specific skills in a single stroke. You choose the time and place to do them.

I recommend doing one practice once a week, repeating that practice one, two or three more times in the week--depending on your swim schedule. On the following week, pick up the next practice in the sequence. You can always go back to review a practice, or save the set and revisit them in the future.



Better Freestyle

Practice # 3 - Catch and Pull

Working through the pull pattern for optimal propulsion. Be patient with these drills.

Warm Up

- 100 Swim (choice)
- 100 Flutter kick with board
- 100 Freestyle pull buoy

3 X 50 **YMCA Drill** - Snorkel optional

4 X 25 **Front sculling** - Y position (See **YMCA drill**)

4 X 25 **Deep sculling** - M position (See **YMCA drill**)

2 X 50 Freestyle (:15 RI)

*See **Hand Entry Video**.*

3 X 50 **6-1-6 Drill**

2 X 50 Freestyle (:15 RI)

3 X 50 - **YMCA Drill** - Snorkel optional

Drill - 2 X 50 - One arm YMCA

Alternate Right arm YMCA pattern/Left arm YMCA pattern

4 X 50 - **Catch-Up Stroke** (:15 RI)

4 X 50 Freestyle (:15 RI)

2 X 100 Freestyle (:15 RI)

Warm Down -- 200 Choice

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