**Warm Up**

200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)

**Technique Set**

Make sure you have ample room to lay on your belly and extend your arms and legs all the way out. (Beds are a great place for this exercise!) Lay a pillow under your torso (couch cushions work great for this if you find yourself in the living room). The idea is to be able to swim breastroke but need to engage your core a bit to bring your legs up off the ground.

* With your hands on your behind and your eyes focused forward, practice your breastroke kick. Focus on breaking it down to 3 steps that you’ve probably heard me say. 1. With your knees together, bring your heels towards your butt. 2. Keeping your knees and heels together, make a “V” with your feet. 3. Keeping your toes pointed outward make the kick sweep, ending with your legs extended. (This is a rough description but you know what I mean…right??) Repeat for 12 kick cycles.

Round 1 – Kick with hands on your bottom, eyes focused forward

Round 2 – Kick with hands at your side, with your head in a neutral position (looking downward)

Round 3 – Kick with hands in a streamline, head in a neutral position (locked in by your streamline!)

Round 4 – Incorporate arm stroke lifting the head to breathe ( focused forward) during the pull phase, dropping head into neutral during “glide”.

* Stand in front of a mirror to perform your breastroke pull. Look at yourself in the mirror at the pull phase (“Scoop the ice cream”). Pay attention to how wide your pull is and where your elbows are. As you intitate the recovery (“Pray for more”) remember to bring your elbows in tight to your torso and get your arms into body quickly. You’ll feel a little lift up, that’s good! Roll your shoulders forwards and extend towards the mirror. (“Reach out and get it!”) In your glide phase remember to “show me your crown!!” IF all these quoted remarks are foreign….my apologies. I use several odd analogies on deck for breastroke. Text me and we can set up a zoom meet for some demos. Repeat for 12 pull cycles

Round 1 – Focus on your pull. Remember to breathe.

Round 2 – Focus on initiating the recovery quickly and with power. Continue the deep inhale started with the pull.

Round 3 – Focus on the “shoot” or extension into the glide. Tight streamline and a complete exhale.

Round 4 – Speed it up but be sure to maintain the quality stroke. Instead of 12 strokes, go for 2 minutes. Be sure to keep those elbows up! They are the first thing to drop when you stop paying attention.

**Strength Set**

* Lay on your back and “swim” breastroke. Put the soles of your feet flat on the ground and follow the same 3 steps as before. Heels to your butt, make a “V” with your feet and outward sweep and extension to finish the kick. Your behind should move a bit off the floor as you engage those core muscles in this process. Perform your pull stroke as before but start with your fingertips extended towards the ceiling. You can do this with hand weights, just don’t drop them on your face ☺

Repeat for 12 stroke/kick cycles, HOLD a streamline for 10 seconds and repeat 12 stroke/kick cycles. Speed is not the goal. Stay in control of your limbs. Do not allow these to just be movements. Move with purpose!

**Warm Down**

200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)