**BREASTSTROKE NOTES – Russell Mark**

TEMPO

Largest variance in tempo of all the strokes, both between swimmers and within races.

MUST have multiple gears in order to swim a great BR race!

Generally, tempo increases throughout the course of the race.

Why? Because as you swim a race, the speed generated from each stroke will decrease due to fatigue, therefore you cannot glide as long after each stroke and still maintain velocity.

FOUNDATIONS OF BR: TECHNIQUE AND DISTANCE PER STROKE

1. Good bodyline between strokes!

Head between arms

Head can be tilted forward

2. Attack Forward!

Body and arms go forward (not down)

“Triangle of space” (where you fit your body when you lunge forward)

(elbows do not squeeze together in front of chest)

Hands and head and torso lunge forward into triangle of space

(hands do not “jump” up)

3. Kick your hips high

On kick, extend your legs back and slightly down before getting them into body line.

4. PULL

CATCH

“Elbows up, Fingers down. Pull deep”

Elbows get high

Fingers down

Set stroke up early (catch out front, not out to the side)

Gets you on top of the water going forward early in the stroke!

On both outsweep and insweep – Pull the water back

Pull the water with a deep, rounded pull pattern into the triangle of space.

OUTSWEEP is out and back

INSWEEP is inward, back, and deep

5. BODY LINE

Start and end in straight body line

Body line refers to whole body, not just arms

Shoot forward aggressively into proper body line

Tight core!

Reduce/eliminate wave on back of body (turbulence)

6. KICK

Apply maximum pressure against water

Legs extend back and downward to get hips high, then legs lift up into body line

(Feet do not kick along surface of water)

7. ERROR

Diving down to get hips high is bad!

Creates drag (bad body line)

Doesn’t set you up for a good next catch

TIMING IN BREASTSTROKE

Pull back when legs are in line

(do not bring heels up when arms are pulling)

Heels begin to recover when hands begin reach forward

Kick backward while upper body is in line

FAST HEELS are key! (Less time dragging water)

BREATHING

Be patient. Wait until you turn corner at the catch and during the insweep.

Let the shoulder movement bring the head up. (Do not lift the head independently to breath)

TEMPO MECHANICS (Increasing tempo during race)

1. The speed of the pull stays about the same the whole race (Do not rush the catch)

2. Heels come up a bit quicker! (Not earlier, just more quickly)

3. Less glide

4. Hands open up into next pull a bit earlier

PULL OUT POINTS

1. Dolphin Kick should not be too big (drag)

Kick into body line, not through body line (In other words, do not kick too deep)

2. Tight tight core!