

Breaststroke arms, Multiple Kicks

This [breaststroke drill](#) can be done as a single drill or broken up into a series of drills. It can also be a major part of your breaststroke workouts. The purpose of this drill is to build up the legs as they will be doing most of the work. In order to explain this drill we will describe it as a 100m workout.

- 1. In order to complete this drill you will swim one 25m lap of normal breaststroke.
- 2. During the next 25m complete 1 full breaststroke cycle i.e. 1 arm stroke and 1 kick. Then while in a streamlined position under water complete another kick. This is essentially 1 arm stroke and 2 kicks
- 3. For the next 25m you are going to do the exactly same sequence but instead of 2 kicks you will perform 3 kicks. In the video below you can see that it is performed by completing 1 normal arm stroke and kick and then completing the next series of kicks under water.
- 4. For the last 25m you will perform 1 arm stroke and 4 kicks. This can be tough as you may be tired and you now need to hold your breath for longer.

This drill gets you into a streamlined position after each stroke. This is important as it helps get your hips up and reduces resistance. It also trains your kick as your legs are doing most of the work. Often in a 100m race your legs are the first to fatigue but here you are training them to do more work in the last 25m of the race.

- **1 Kick, Multiple Arms**

This drill is the reverse of the 1 arm, multiple kick drill. It is used for the purpose of training your arms to do more work the longer you swim the stroke. We will explain this drill as a 100m workout like we did above.

- 1. Swim 25m of normal breaststroke
 - 2. During the next 25m complete 1 full cycle and then perform another arm stroke. This means you perform 2 arm strokes per 1 leg kick. Feel free to perform a dolphin kick when you complete the extra arm stroke.
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- 3. For the next 25m you will perform 3 arm strokes per 1 leg kick
 - 4. The last 25m will be 4 arm strokes per 1 leg kick
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If you work on the above 2 drills you will be training both the arms and the legs to be strong during the latter part of your races.

- **Breaststroke On Your Back**

Now this sounds strange I know but it can actually be effective. This is not an overly stressful drill but it can be very useful. You can use this drill for 2 main reasons; 1. To give a beginner a better feeling for the water and an understanding of how they propel themselves forward and 2. For swimmers that raise their knees too far towards their chest it gets them to bend from the knees rather than the hips. To complete this drill:

- 1. Push off on your back with your hands in a streamlined position
 - 2. Begin the out-sweep with the hands (ensure the palms are facing outwards)
 - 3. Once you have completed the out-sweep the hands and arms begin to leave the water
 - 4. Initiate the kicking action. Ensure that you bend from the knees. If you are bending from the hips your knees will break the surface of the water. Try to ensure this doesn't happen.
 - 5. Complete the arm stroke and kick and return to a streamlined position
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- **1 stroke on top, 1 stroke Under**

A common drill that allows you extend after each stroke and keeps you on top of the water. To complete this drill:

- 1. Swim 1 normal breaststroke cycle, 1 arm stroke, 1 breath and 1 kick.
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- 2. Your next stroke will be underwater with no breath (only just under the water)
 - 3. Return to a normal stroke
 - 4. Repeat another stroke underwater
 - 5. Repeat
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- **Breaststroke Arms, Butterfly Kick**

This is a great drill that helps you with your body position and speed. The drill is exactly what it says; swim normal breaststroke but with a butterfly kick instead of a breaststroke kick. Try and do this quickly but still extend fully to finish the stroke.

- The above drills should really help you in the development of your breaststroke technique as well as the speed and conditioning for a race. No matter what your level of ability it is always important to continue to do drills. Drills do not all have to be slow and easy. They can be part of your normal fitness training. Because learning the breaststroke kick can be difficult for some, we have included some kick drills that will help correct some common problems. You can find the kick drills [here](#).