

## Breast Stroke Workout for Home or HOA Pool

Workout should take 35 – 45 minutes. Please ask swimmer to take their time to do all drills/swims. Remind them it does not help them to rush and do it incorrectly. 😊 They have all done these drills before (we started with them Aug/2019) and should remember them once they get started.

Breast Kick on ground.

-Before getting in pool sit with legs in front of you, feet forward and pointed. Bring feet up, turn feet out then snap out and around (no wide knees) bringing them back to starting point (feet forward and pointed)

- if able to lay on chase lounge on stomach or sit on edge of a chair this is even better. If doing so remember to bring knees back not up toward stomach/chest.

- Do this 10 times. Do not rush...do one kick, stop for 2 count then repeat. Deliberate action.

Breast Kick on wall X 10 – 10 second kick / 5 second rest

- Remember that the knees go back not up, NO wide knees, snap legs around and feet out until return to starting point
- Try to push ankles back together on the return
- Try to kick hard enough that the force of water shoots you a little forward

Body dolphin to Y X 10 –

- body dolphin 3 times then move arms to Y position, do this 3 times in a row moving forward ( 3 body dolphin move to Y, 3 body dolphin move to Y, 3 body dolphin move to Y then rest 5 seconds. Repeat X 10
- when doing Y arms force water out. Should feel the push
- Try to force chest up with push of hands – DO NOT pick chest up with head/ neck

Y to Wiper X 10

- Think about the action, body dolphin to Y then to wiper
- Remember fingertips should be pointed down toward bottom of the pool, elbows up
- Motion is to move hands (while fingers pointed down) inward with thumbs coming toward chest

Cobra Strike X 10 (done in the deep end of the pool)

- Lay on stomach arms in front and legs straight in back, bring hands in as in doing breast stroke striking forward like a cobra.
- Hands should come out into a Y then to wiper then up and forward

Breast kick across long part of pool

- Remember to have a deliberate GLIDE. ( hold for 2 count)
- Take a breast stroke when you need to breath --- at least 3 kicks per breath

Breast swim – longest point between 2 wall.

- Think about the drills and why they were done.
- REACH every stroke and GLIDE