

Fitness Swimming Unit Physical Education 11/12

Length of Pool in Competitive Events: 25 or 50 meters (8 lanes)

GHS Pool: 25 yards (6 lanes)

Competitive Swimming Strokes

Front Crawl

1. **Arms** – begin with arm extended about $\frac{3}{4}$ reach, index finger enters first directly in front of shoulder, pull hand towards feet by making an “S” shape pattern with a bent elbow, elbow exits high causing body to roll slightly
2. **Kick** – flutter kick, little motion in knees & hip, more motion in “floppy” ankles, feet move 12-15” and barely break the surface of the water, work on very little splash
3. **Breathing** – turn chin to shoulder to inhale as the opposite arm begins to pull in water, breathe each cycle (ex. – when the right arm pulls each time)

Back Crawl

1. **Arms** – arm straight, little finger enters first as body rolls slightly, hands should enter in the 11 & 1 o’clock position hands go about 8-12” deep and then sweep them to the feet, lift arm out shoulder first, thumb exits on hand first, palm in, rotate hand over head so little finger enters first, keep the arms moving in an opposite fashion (one hand enters water as the other exits water)
2. **Kick** – flutter kick, similar to front crawl kick

Breast Stroke

1. **Arms** –from glide position angle palms down and out 45 degrees, press arms wider than shoulders, sweep hands down & out until forearms are vertical, sweep hands together by squeezing elbows together, extend arms forward
2. **Kick** – whip kick, bring heels to butt, knees need to be shoulder width apart with feet slightly wider, point toes out whip feet together, start slow & finish fast
3. **Breathing** – breathe as hands and arms begin to pull backward, head should lower into the water but should not completely submerge under the water
4. **Sequence - Pull & Breathe, Kick & Glide**

Non – Competitive Strokes

Resting Strokes:

Side Stroke

1. **Lead Arm** – from glide position rotate arm so palm is down & slightly outward to sweep hand to chest, next pass hand under ear with fingers extended back into glide position
2. **Trail arm** – as lead arm pulls, trail arm slides along body from hip area to shoulder level, then just sweep it down, lead and trail hands should almost touch as if passing something from one hand to the other
3. **Kick** – scissors kick, flex hips & knees to bring feet to butt as the arms are moving towards each other, now flex top foot and extend bottom foot, top leg extends forward and bottom leg extends backwards, now make a scissors motion to close legs, incorporate a gliding movement as lead arm extends out and legs become straightened and streamlined

Elementary Back Stroke

1. **Arms** – from glide position bend elbows and slide arms up to the arm pits, point fingers out and extend arms to a 10 & 2 o’clock position, sweep hands to hips and glide, keep arms in the water through out the motion
2. **Kick** – whip kick, drop feet at knees so heels are under & outside of knees, point feet out and whip feet together, keep knees in the water, legs drop slightly after arms slide to armpits, incorporate a glide after the arms have swept and legs have finished the kicking motion

Turns

Open Turn – A simple turn used in noncompetitive situations and when performing the breast stroke

Flip Turn – A fast and efficient turn done in a tuck position; used in lap swimming and in the freestyle and backstroke events in competition

Swimming is an excellent cardiovascular activity!!

1. Swimmers always are working against resistance (water)
2. Swimming involves all major muscle groups in the body
3. Swimming is less stressful on your joints than other cardiovascular activities
4. Swimming can be performed throughout an individual’s lifespan

Lap Swimming

Types:

1. Split Swimming: 2 swimmers each swimming up and back on their own side
2. Circle Swimming: All swimmers are swimming counter-clockwise hugging the right side of their lane

Entering a Lane

- Spend a minute observing the pace of any current lap swimmers and select a lane with swimmers moving at approximately your speed.
- Notify all current swimmers that you are entering.
- Enter feet first into shallow end of the pool.**

Swimming

- Know how wide your swim stroke is so as not to hit a swimmer coming toward you.**

Passing

- Lightly touch the foot of the swimmer in front of you to let them know you want to pass.
- Give them time to reach the wall before you go around them.
- Do not attempt to swim around a slower swimmer as this presents a hazard to other oncoming swimmers.

Being Passed

- When you feel a touch on your feet, continue to the wall then stop in the corner of the lane to let the swimmer behind you pass.
- If you see a swimmer catching up to you, be courteous and move to the side when you reach the wall.
- If you are being overtaken, do not attempt to speed up.
- Do not immediately try to pass the swimmer that just passed you.

Stopping / Resting

- Avoid stopping in the middle of the lane.
- When resting or waiting at the wall, stay to the right side of the lane away from swimmers **coming towards you.**

Aerobic Lap Swimming:

Heart rate determines how hard a swimmer is working. Aerobic swimmers should swim in their target heart rate zone.

Interval Training / Pacing:

This in turn, benefits in three ways:

1. The added rest and recover helps build endurance.
2. The added rest and recovery allows the swimmer to maintain proper stroke technique and form by remaining fresh throughout the set.
3. The added rest and recovery allows the swimmer to challenge himself/herself by increasing the effort during a set without becoming too fatigued.

**** And the combination of these is from where real improvement comes. ****

Yes, it is important to include long, continuous swims as part of your swim training. For one, it will help you develop a feel for the particular distance you may be swimming during your next triathlon. And it is an excellent way to assess your overall improvement. But real improvement will come from your Interval-based Training.

There are two basic methods used in designing an Interval based set for aerobic training:

- 1. Set Rest Period:** This type of set is based on a specific amount of time or rest between swims within a particular set. An example of this type of set would be 10 x 50's freestyle (yards) with 15 seconds rest between each 50. In other words, the individual is swimming a 50-yard freestyle 10 times resting 15 seconds between each swim. Regardless of how fast or slow you swim, you will get 15 seconds rest between each 50. This type of set provides an excellent introduction into Interval based training and is also a good set for focusing on heart rate training. (note: there is no hard and fast rule regarding rest time. You can use 20 seconds, 30 seconds or more between swims. However, if you remain aerobic in your swims, 15-20 seconds should be adequate)

Note: During rest periods swimmers should periodically take their heart rate to determine if they are working in their target heart rate zone.

- 2. Fixed Pacing Time:** The second type of interval set is one that is designed around a specific timed limit or cap. In other words, you will have a fixed, specific interval or time to leave for each swim within that set. An example of such a set would be 10 x 50's freestyle (yards) on the "one minute" or :60 seconds. Specifically, you would swim a 50-yard freestyle within the time frame of one minute, ten times. If, for example, if you complete each 50-yd freestyle in 35 seconds, you earn 25 seconds rest before leaving again. **This type of set forces you to use the clock (pace clock) to monitor your swim pace.**