



PRECISION SWIMMING

MARGARET RIVER

Breaststroke Program

Master the most technical stroke in swimming. Kick, pull, timing and glide, built piece by piece.



How to Read a Workout

Each workout in this program uses the same format. Here is what the terms mean so you can follow along with confidence.

4 x 50m

Swim 50 metres (two lengths of a 25m pool), and do it four times. Rest between each one as shown.

Easy / Medium / Hard

Easy = relaxed conversational pace. Medium = working but in control. Hard = pushing yourself, heavy breathing.

20s rest

After you finish the swim, rest at the wall for 20 seconds before starting the next one. If no rest is shown, go straight into the next set.

Warm Up

Easy swimming at the start of the session to get your body moving and your muscles warm. Never skip this.

Cool Down

Easy swimming at the end of the session to help your body recover. Keep it relaxed and smooth.

Build

Start the swim slowly and gradually increase your speed within the same rep. Finish faster than you started.

Descend 1-4

Each rep gets faster than the one before. Rep 1 is easy, rep 4 is fast. Your effort increases with each one.

Drill-Swim

Swim part of the distance as a drill (a technique exercise) and the rest as normal swimming. For example, 25m drill followed by 25m full stroke.

Stroke Count

Count how many strokes it takes you to swim one length. Fewer strokes at the same speed means you are becoming more efficient. Track this over time.



Swimming Terminology

Glide

The streamlined phase after each kick where your body travels forward without effort. In breaststroke, this is where you cover free distance. The longer and tighter the glide, the more efficient the stroke.

InswEEP

The inward phase of the breaststroke pull where your hands sweep toward each other under your chin. This is the power phase of the arm action.

Whip Kick

The breaststroke kick. Your heels draw up toward your backside, then your feet turn outward and whip backward in a circular motion, snapping together at the finish.

Recovery

The phase where your arms extend forward to return to streamline after the pull. In breaststroke, hands shoot forward together as your face returns to the water.

What's a Lap?

In swimming, a lap is one length of the pool, from one wall to the other. In a standard short-course pool, 1 lap = 25m.

Lap Distance Guide

DISTANCE	WHAT THAT MEANS
25m	1 lap
50m	2 laps nonstop (down and back)
100m	4 laps nonstop
200m	8 laps nonstop

What Does Nonstop Mean?

If a set says "75 Freestyle", that means you will swim three lengths in a row without stopping, swimming freestyle (front crawl), and you will only rest after completing the full distance.

You Can Always Modify

If you need to pause at the wall to catch your breath, that is not bad. This program is designed to build your skills, confidence, and control over time. Progress over perfection.

Different pool length? If your pool is a different length, simply follow the program as written. The structure and training benefits remain the same.



Equipment Guide

Kickboard

A flat foam board you hold in front of you with both hands, arms extended. It supports your upper body so you can focus entirely on your kick. For breaststroke, it helps isolate the whip kick pattern.

Pull Buoy

A foam float placed between your upper thighs. It lifts your legs and takes the kick out of the equation, letting you focus purely on your arm pull and timing. Squeeze it gently to keep it in place.

Do I need to buy all of this?

Most pools have kickboards and pull buoys available for lane swimmers. Ask at your local pool what they have available before buying your own.



Drill Guide

These drills appear throughout the program. Use this page as a quick reference.

Wall Kick

Hold the wall with both hands. Practice the breaststroke kick motion: heels to your backside, feet turn out, whip backward, snap together. Feel the propulsion from each kick.

Kick on Back

Float on your back and perform breaststroke kick. This lets you see your knees and feet to check your technique. Heels to bum, snap together.

Board Kick

Hold a kickboard with arms extended. Kick breaststroke with a full whip kick, gliding between each kick. Count to two in the glide before the next kick.

Pull with Flutter

Swim breaststroke arms only with a flutter kick instead of a breaststroke kick. This isolates the pull pattern so you can focus on the heart-shaped arm action.

2-Kick-1-Pull

Perform two breaststroke kicks for every one arm pull. This exaggerates the glide phase and teaches you to hold your streamline position.

Progressive Scull

Start with small sculling motions at the surface, gradually building into a full breaststroke pull. Feel where the water pressure builds on your hands.

Torpedo Glide

Push off the wall in a tight streamline and hold the glide as long as possible. Add one breaststroke kick and glide again. Focus on minimizing drag.



Your 6-Step Progression

Build your breaststroke one piece at a time. Each step adds a new layer.

1

Kick Mechanics

Learn the whip kick pattern from scratch.

2

Kick Rhythm & Glide

Add timing and hold the glide.

3

Pull Pattern

Build the arm action separately.

4

Timing & Coordination

Connect kick, pull and breath.

5

Breathing & Head Position

Smooth breath, chin down, hips high.

6

Breaststroke Session

Put it all together in a complete workout.

Equipment Used

Kickboard

For isolating the breaststroke kick.

Pull Buoy

For isolating the arm pull pattern.

STEP 1

Kick Mechanics

Learn the whip kick pattern from scratch.

1



Step 1

Step 1: Kick Mechanics

The breaststroke kick is unlike any other stroke. Get the whip right and the glide comes free.

Wall Kick

Hold the wall with both hands. Draw your heels up toward your backside, keeping your knees roughly hip-width apart. Turn your feet outward, then whip them backward in a circular motion. Snap them together at the finish. Feel the push of water against the soles of your feet.

"Heels to bum, feet out, snap together. Every kick should feel like you're pushing something away with the soles of your feet."

Key Focus Points

Heels to Backside

Draw your heels straight up, not your knees forward. If your knees come too far under your body, you create drag instead of power.

Feet Turn Out

Before the whip, your feet must rotate outward so the soles face backward. This is what catches the water.

Snap Together

The kick finishes with your legs straight and feet together in a streamlined position. No gap, no wobble.

Knees Stay Hip-Width

Your knees should not splay wide. Keep them roughly hip-width apart throughout the kick cycle.

STEP 2

Kick Rhythm & Glide

Add timing and hold the glide.

2



Step 2

Step 2: Kick Rhythm & Glide

Now that you have the kick pattern, add rhythm and hold the glide. The glide is where you travel for free.

Board Kick

Hold a kickboard with arms extended. Perform a full breaststroke kick, then glide. Count to two in the glide before starting the next kick. Focus on a strong whip and a long, tight glide.

"Kick, glide, one-two. Kick, glide, one-two. The pause is the point. That's where you travel without effort."

Key Focus Points

Hold the Glide

After each kick, hold your streamline and let the momentum carry you. Don't rush into the next kick.

Squeeze at the Finish

At the end of the kick, squeeze your legs together tightly. This eliminates drag and maximizes the glide.

Even Tempo

Each kick should take the same amount of time. Build a rhythm you can maintain for the entire length.

Head Down in Glide

During the glide, your face should be in the water, looking at the bottom. This keeps your body flat and fast.

STEP 3

Pull Pattern

Build the arm action separately.

3



Step 3

Step 3: Pull Pattern

The breaststroke pull is short and sharp. Hands never go past your shoulders. The power comes from the insweep.

Pull with Flutter

Swim breaststroke arms only with a flutter kick. This isolates the pull pattern. Scull outward, sweep inward under your chin, then shoot your hands forward to streamline. Keep the movement compact.

"Out, in, forward. Your hands should never pass your shoulders. The pull is short, the recovery is fast."

Key Focus Points

Hands Stay Forward

Your hands should never pull past your shoulders. The breaststroke pull is compact, not wide or deep.

Scull Out, Sweep In

Start by pressing outward, then sweep your hands inward under your chin. This is where the power is.

Fast Recovery

After the insweep, shoot your hands forward quickly to return to streamline. The recovery should be faster than the pull.

Elbows Stay High

Keep your elbows up during the pull. If they drop, you lose the catch and the stroke falls apart.

STEP 4

Timing & Coordination

Connect kick, pull and breath.

4



Step 4

Step 4: Timing & Coordination

Breaststroke has a strict sequence: pull, breathe, kick, glide. Get the order right and the stroke flows.

2-Kick-1-Pull

Swim breaststroke with two kicks for every one arm pull. The first kick follows the natural timing. The second kick happens during the glide, reinforcing the hold. This exaggerates the glide phase and builds coordination.

"Pull, kick, glide, kick, glide. The extra kick forces you to hold your streamline. Feel the rhythm before adding speed."

Key Focus Points

Pull Then Kick

The arms pull first, then the legs kick. They do not happen at the same time. Separate each phase clearly.

Breathe with the Pull

Your head comes up as the arms insweep. Don't lift independently. Let the pull create the lift.

Kick into Streamline

The kick should drive you forward into a tight streamline. Hands forward, body long and narrow.

Glide is Not Optional

After the kick, hold the streamline. Count to two. This is where you cover free distance.

STEP 5

Breathing & Head Position

Smooth breath, chin down, hips high.

5



Step 5

Step 5: Breathing & Head Position

Breathe with the pull, chin down on recovery. A smooth breath keeps your hips high and your stroke efficient.

Breaststroke with Chin Tuck

Swim breaststroke, focusing on tucking your chin as your hands shoot forward. Eyes should look forward and slightly down during the breath, then look straight down as you return to streamline. Don't hold the head up too long.

"Eyes forward on the breath, eyes down in the glide. The head follows the hands. As your hands shoot forward, your face goes back in the water with them."

Key Focus Points

Breathe with the Pull

The breath comes from the insweep lifting your upper body. Don't force the head up independently.

Quick Head Return

Get your face back in the water fast. The longer your head is up, the more your hips drop and the more drag you create.

Eyes Forward, Not Up

Look slightly forward during the breath, never at the ceiling. Looking up lifts the head too high.

Chin Down in Streamline

As your hands shoot forward, tuck your chin and look at the bottom of the pool. This keeps you flat and narrow.

Tip: The biggest efficiency killer in breaststroke is holding the head up too long during the breath. The head should come up and go back down in one smooth motion, following the natural rhythm of the pull. If you're gasping for air, slow down and focus on exhaling underwater between breaths.



Step 6

Breaststroke Session

Put it all together. A 1,100m workout that takes you through every skill in this program.

1

Warm Up

4 x 50m easy freestyle. Settle in, loosen up.

Easy

20s rest

2

Kick on Back

4 x 25m breaststroke kick on back. Heels to bum, snap together.

Easy

20s rest

3

Kick with Board

4 x 25m breaststroke kick with kickboard. Glide between each kick.

Easy

20s rest

Kickboard

4

Pull Isolation

4 x 25m pull with flutter kick. Heart-shaped pull pattern.

Easy

20s rest

5

2-Kick-1-Pull

4 x 25m. Maximise the glide between pulls.

Medium

20s rest

6

Full Stroke

4 x 50m breaststroke. Pull, breathe, kick, glide. Count strokes per 25m. Aim to reduce by 1 each round.

Medium

30s rest

7

Cool Down

2 x 50m easy choice swim. Relaxed and smooth.

Easy

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Total: 1,100 Metres

Glide challenge: Track your stroke count per 25m. Fewer strokes at the same speed means more efficiency. A strong breaststroker covers 25m in 6-8 strokes.



Common Faults & Fixes

Body Position

Body not streamlined

Fix: Stretch and extend your body during the glide phase. Practice push-off glide drills. Your body should be as long and narrow as possible between each stroke.

Body position too low in the water

Fix: Push your hips upward at the end of each kick. The upward hip motion lifts your whole body.

Body goes up and down too much (bobbing)

Fix: This usually means your kick and pull are happening at the same time instead of one after the other. Practice the timing: pull, then kick, then glide. Separate each phase.

Body tilted to one side

Fix: Your pull or kick might be stronger on one side. Practice kicking and pulling drills separately to even out both sides.

Leg Action

Feet breaking the surface during kick

Fix: Bend slightly more at the hips and lift your head a little higher. Your feet should stay just below the surface at all times.

Feet slipping through the water without catching

Fix: Turn your feet outward so the soles face backward. The soles of your feet push the water, not the tops. Practice ankle flexibility and kick drills.

Knees too wide, legs spread apart

Fix: Your knees should stay roughly hip-width apart. They should not splay out wider than your hips. Practice 'sit and kick' drills.

One leg higher than the other, or uneven kick

Fix: Both legs must move together at exactly the same time. Practice wall kick drill: hold the wall, and bring both heels up to touch your hands at the same moment.



Common Faults & Fixes

Arm Action & Breathing

Head lifts independently of shoulders (too high or too low)

Fix: Your head and shoulders should move as one unit. When you breathe, your shoulders lift with your head. Do not crane your neck up on its own.

Holding breath, keeping head underwater

Fix: Breathe every single stroke. Lift your head during every pull. Exhale steadily while your face is in the water, and your face should only go down to the hairline.

Head lifts too far above the water

Fix: Your face only needs to clear the water line enough to get air. If you lift higher, your hips will drop and create drag.

Coordination & Timing

Breathing too early or too late

Fix: Your head should lift for a breath as the arm pull finishes and the kick begins. Not before, not after. Practice progressive scull drill to feel the timing.

No glide phase, arms and legs moving continuously

Fix: After the kick, hold your streamline position and count to two before starting the next pull. The glide is where you travel for free. Do not skip it.

Stroke feels out of sequence

Fix: The order is always: pull (breathe), kick, glide. Practice each part separately before combining them. If it feels wrong, go back to torpedo drills with a kick-only focus.

Lack of power, stroke feels weak

Fix: Practice "pull-pull-kick" and "pull-kick-kick" drills to build power in each phase separately. Then combine them for a more powerful full stroke.

B R E A S T S T R O K E

Practice Workouts

Ten standalone sessions to put your skills into practice. The first five are accessible for all levels. The last five are for when you are ready to push further.



Workout 1: Kick & Glide

The breaststroke kick is unique. Get the whip right and the glide comes free.

1**Warm Up**

4 x 50m easy freestyle.

Easy

20s rest

2**Wall Kick**

4 x 25m breaststroke kick holding the wall. Heels to your backside, then whip.

Easy

15s rest

3**Board Kick**

4 x 50m breaststroke kick with kickboard. Kick, glide, count to 2.

Easy

20s rest

Kickboard

4**Kick-Glide**

4 x 25m: one kick, hold the glide as long as you can.

Easy

15s rest

5**Easy Breaststroke**

4 x 50m breaststroke. Focus on the glide.

Easy

20s rest

6**Cool Down**

100m easy freestyle.

Easy

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Total: approx. 800 Metres



Workout 2: Pull Pattern

The breaststroke pull is short and sharp. Hands never go past your shoulders.

1

Warm Up

4 x 50m easy freestyle.

Easy**20s rest****2**

Pull Drill

4 x 25m breaststroke arms only with pull buoy. Scull out, snap in.

Easy**15s rest****Pull Buoy****3**

Pull-Kick Separate

4 x 50m: 25m arms only + 25m kick only.

Easy**20s rest****Pull Buoy / Kickboard****4**

Full Stroke

4 x 50m breaststroke. Connect the pull to the kick.

Easy**20s rest****5**

Continuous Swim

2 x 100m breaststroke. Relaxed and rhythmic.

Easy**30s rest****6**

Cool Down

100m easy freestyle.

Easy**--****Total: approx. 900 Metres**



Workout 3: Timing & Rhythm

Pull, breathe, kick, glide. Get the sequence right and the stroke flows.

1**Warm Up**

4 x 50m easy freestyle.

Easy

20s rest

2**Two-Count Glide**

4 x 50m breaststroke with a deliberate 2-count glide after each kick.

Easy

20s rest

3**Stroke Count**

4 x 25m breaststroke. Count strokes per length. Fewer is better.

Easy

15s rest

4**Continuous Swim**

4 x 50m breaststroke at steady pace. Find a rhythm you can hold.

Medium

20s rest

5**Mixed Swim**

2 x 100m: 50m breaststroke + 50m freestyle.

Easy

30s rest

6**Cool Down**

100m easy choice.

Easy

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Total: approx. 1,000 Metres



Workout 4: Glide Extension

The glide is where you travel for free. Make it longer, not shorter.

1

Warm Up

4 x 50m easy freestyle.

Easy**20s rest****2**

Glide Kick

4 x 50m breaststroke kick with board. Hold each glide until you stop.

Easy**20s rest****Kickboard****3**

Glide Swim

4 x 25m breaststroke. Aim to cross the pool in as few strokes as possible.

Easy**15s rest****4**

Swim with Focus

4 x 50m breaststroke. Hold the glide, do not rush the next pull.

Medium**20s rest****5**

Continuous Swim

2 x 100m breaststroke. Relaxed and smooth.

Medium**30s rest****6**

Cool Down

100m easy choice.

Easy**--**

Total: approx. 1,000 Metres



Workout 5: Full Stroke Practice

Bring kick, pull, timing, and glide together. Smooth and controlled.

1**Warm Up**

4 x 50m easy freestyle.

Easy**20s rest****2****Kick Set**

4 x 25m breaststroke kick without board. Arms in streamline.

Easy**15s rest****3****Drill-Swim**

4 x 50m: 25m pull only + 25m full breaststroke.

Easy**20s rest****Pull Buoy (first 25)****4****Breaststroke Swim**

4 x 75m breaststroke. Count strokes per length.

Medium**25s rest****5****Mixed Swim**

2 x 100m: 50m breaststroke + 50m freestyle.

Easy**30s rest****6****Cool Down**

100m easy choice.

Easy**--****Total: approx. 1,100 Metres**



See You in the Water.

You've built the breaststroke from the ground up. Kick, pull, timing
and glide, all connected. Now take it to the pool and let the stroke
flow.

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