



# PRECISION SWIMMING

MARGARET RIVER

## Foundations Program

Strengthen your freestyle and breaststroke technique. Build endurance, fix common faults, and swim with control.



# How to Read a Workout

Each workout is written in a standard format. Here's what the terms mean.

## 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.



# Equipment Guide

Some sessions use equipment. Here's what each piece does and when you'll need it.

## 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.

## Fins (Swim Fins)

Short rubber fins worn on your feet. They add propulsion and help you hold good body position while learning drills. Use short training fins, not long snorkelling fins.

## Pull Buoy

A foam float placed between your upper thighs. It lifts your legs so you can focus purely on your arm pull and rotation.

## Swim Snorkel

A front-facing snorkel that lets you breathe without turning your head. Helps you focus on body position and pull technique. Not a dive snorkel.

## Do I need to buy all of this?

Most pools have kickboards and pull buoys available. Fins and a snorkel are worth owning. Ask at your pool what's available.



# Drill Guide

These drills appear across the program. Learn them here so you can focus on execution during the workouts.

## Catch-Up

Swim freestyle but keep one arm extended in front while the other completes a full stroke. Your hands 'catch up' at the front before the other arm begins. This teaches patience and a long reach.

## Fingertip Drag

Swim freestyle but drag your fingertips along the surface of the water during the recovery. This encourages a high elbow recovery and keeps your stroke close to your body.

## Side Kick

Kick on your side with one arm extended forward and the other resting on your hip. Your bottom ear stays in the water. Breathe by turning your head toward the ceiling. Switch sides each length.

## Board Kick (Freestyle)

Hold a kickboard with arms extended. Kick freestyle with a steady flutter kick from the hips. Keep your core engaged and body flat.



## Drill Guide (continued)

### **Board Kick (Backstroke)**

Hold a kickboard against your chest. Kick backstroke, keeping your hips high and head still. Ears in the water.

### **Single Arm Backstroke**

Swim backstroke using only one arm. Keep the other at your side. Focus on little finger entry, full rotation, and pulling to the hip. Switch each length.

### **Catch-Up Backstroke**

Swim backstroke but wait for one arm to return to your side before the other begins. Feel the timing between pull, kick and rotation.

### **Bilateral Breathing**

Swim freestyle breathing every three strokes, alternating sides. This balances your stroke and evens out your rotation.



# What You'll Work On

This program covers two strokes and brings them together. Here's what to expect.

- 1 Freestyle Body Position**  
Flat body, still head, steady kick. The foundation of efficient freestyle.
- 2 Freestyle Timing**  
Connect rotation, catch and breath into one smooth action.
- 3 Backstroke Basics**  
Body position, kick and rotation for a strong backstroke.
- 4 Breaststroke Kick**  
The whip kick pattern: heels up, feet out, snap together.
- 5 Breaststroke Timing**  
Pull, breathe, kick, glide. Get the sequence right.
- 6 Combined Swimming**  
Put both strokes together in a complete session.

F R E E S T Y L E

# Body Position & Rotation

Build a flat, balanced body position and connect your rotation to the stroke.



# Body Position & Rotation

The foundation of efficient freestyle. Get this right and everything else follows.

## Catch-Up Drill

Swim freestyle but wait for one hand to touch the other at the front before starting the next stroke. This teaches patience, a long reach, and gives you time to feel your rotation.

## Side Kick

Kick on your side with one arm extended. Bottom ear in the water. Six kicks, then switch sides. Feel your body balanced on its side.

## Fingertip Drag

Drag your fingertips along the surface during recovery. This teaches a high elbow and keeps your stroke compact.

## Key Focus Points

### Flat Body

Hips at the surface, head neutral, core tight. Your body should be as horizontal as a plank.

### Rotate as a Unit

Roll from your hips, not your shoulders. Think of your body as a single log rolling in the water.

### Head Still

Look at the bottom of the pool. The waterline sits at your hairline. Don't look forward.

### Long Reach

Extend fully at the front of each stroke. A longer reach means more distance per stroke.

F R E E S T Y L E

# Timing & Recovery

Connect your pull, breath and kick into one smooth action.



# Timing & Recovery

Now add the breath and refine the recovery. Make it feel natural.

## Catch-Up with Breathing

Swim catch-up freestyle with bilateral breathing (every 3 strokes). Focus on turning your head with your rotation, not lifting it.

## 6-Kick Switch

Six kicks on your side, one stroke, switch. Feel the rotation timing and connect it to your breathing.

## Fingertip Drag

Focus on a relaxed, high-elbow recovery. Let your fingertips skim the surface. Keep the hand close to your body.

## Build Swim

Swim freestyle starting slow and building speed within each rep. Hold your technique as the pace increases.

## Key Focus Points

### Turn to Breathe

Don't lift. Rotate your head with your body. One goggle in, one goggle out. The bow wave gives you air.

### Exhale Underwater

Breathe out steadily through your nose. When you turn, all you need is a quick inhale.

### Relaxed Recovery

High elbow, relaxed hand, fingertips close to the water. Don't reach wide or swing around.

### Even Rhythm

Your stroke should feel smooth and connected. If it feels rushed, slow down and find the rhythm.

BREASTSTROKE

# Kick & Timing

Learn the breaststroke kick pattern and connect it to the pull.



# Kick & Timing

The breaststroke kick is unique. Master the whip and let the glide do the work.

## Wall Kick

Hold the wall. Heels to bum, feet turn out, whip backward, snap together. Feel the propulsion from each kick.

## Board Kick

Kickboard in front, breaststroke kick with a full whip. Glide between each kick. Count to two in the glide.

## 2-Kick-1-Pull

Two breaststroke kicks for every one pull. This exaggerates the glide and teaches you to hold streamline.

## Key Focus Points

### Heels to Backside

Draw heels up, not knees forward. Keep knees hip-width. The power comes from the feet, not the legs.

### Feet Turn Out

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

### Snap Together

Finish with legs straight and together. No gap. This is your streamline between kicks.

### Hold the Glide

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

BREASTSTROKE

# Glide & Efficiency

Maximise your glide and connect kick, pull and breath.



# Glide & Efficiency

The glide is where you travel for free. Make each stroke count.

## Torpedo Glide

Push off the wall in tight streamline. Add one breaststroke kick and hold the glide as long as possible. Feel how far one good kick takes you.

## Full Stroke Focus

Swim breaststroke at a slow, deliberate pace. Count strokes per length. Pull, breathe, kick, glide. Hold each phase clearly.

## Key Focus Points

### Pull Then Kick

The arms pull first, then the legs kick. They never happen at the same time. Separate each phase.

### Breathe with the Pull

Your head lifts as the arms insweep. Don't force it. Let the pull create the lift.

### Quick Head Return

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

### Count Your Strokes

Track strokes per 25m. Fewer at the same speed means more efficiency. Aim to reduce by one each week.



# Combined Session

Put it all together. A 650m workout covering both freestyle and breaststroke.

**1**

## Warm Up

4 x 50m easy freestyle. Settle in.

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

## Kick Set

4 x 25m: 2 freestyle kick, 2 breaststroke kick with board.

**Easy****15s rest****Kickboard****3**

## Freestyle Drill

4 x 25m catch-up freestyle. Long reach.

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

## Freestyle Swim

2 x 50m freestyle. Focus on rotation and breath.

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

## Breaststroke Drill

4 x 25m 2-kick-1-pull. Hold the glide.

**Easy****15s rest****6**

## Breaststroke Swim

2 x 50m breaststroke. Count strokes.

**Medium****20s rest****7**

## Cool Down

100m easy choice.

**Easy****--**

**Total: approx. 650 Metres**



# Common Faults & Fixes

## Freestyle

### Hips and legs sinking

**Fix:** Press your chest slightly, engage your core, and look at the bottom of the pool. If your head is up, your hips are down.

### Head lifting to breathe

**Fix:** Turn, don't lift. One goggle stays in the water. Use the bow wave. If you lift, your hips drop.

### Kick from the knees

**Fix:** Initiate from the hips. Think fluttering, not pedalling. Straight legs with a slight knee flex.

### Crossing the midline on entry

**Fix:** Enter your hand in front of your shoulder. Not across your body, not behind your head.

### Short pull, not finishing

**Fix:** Push your hand all the way past your hip. A complete pull means more distance per stroke.

### Holding breath underwater

**Fix:** Exhale steadily through your nose. The breath out is as important as the breath in.



# Common Faults & Fixes (continued)

## Backstroke

### Hips sinking, body sitting in the water

**Fix:** Push your chest up, keep your head still with ears in the water. If your head is too far forward, your hips drop.

### Knees coming out of the water during kick

**Fix:** Kick from the hips, not the knees. Your toes should just break the surface. Think boiling water.

### Head rocking with each stroke

**Fix:** Lock your head in place. Eyes up at a fixed point. Let the body rotate around the head.

## Breaststroke

### Kick not catching water

**Fix:** Turn your feet outward before the whip. The soles of your feet push the water. Practice wall kick drills.

### Knees too wide during kick

**Fix:** Keep knees hip-width. They should not splay wider than your hips.

### No glide phase

**Fix:** After the kick, hold streamline and count to two. The glide is where you travel for free.

### Head lifting too high to breathe

**Fix:** Your face only needs to clear the waterline. If you lift higher, your hips drop.

### Arms and legs moving at the same time

**Fix:** Separate each phase: pull, then kick, then glide. They should never happen together.

### Rushing the stroke

**Fix:** Slow down. The power in breaststroke comes from the glide, not the speed of the movements.

FOUNDATIONS

# 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: Body Position

Get your body flat and your kick steady. The foundation of efficient swimming.

1

## Warm Up

4 x 50m easy freestyle.

Easy

20s rest

2

## Board Kick

4 x 50m freestyle kick with board. Hips high, kick from hips.

Easy

15s rest

Kickboard

3

## Catch-Up

4 x 50m catch-up freestyle. Long reach, patient strokes.

Easy

20s rest

4

## Easy Swim

4 x 50m freestyle. Focus on flat body and steady kick.

Easy

20s rest

5

## Cool Down

100m easy backstroke.

Easy

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Total: approx. 900 Metres



# Workout 2: Rotation & Breath

Connect your rotation to your breathing. Turn, don't lift.

1

## Warm Up

4 x 50m easy freestyle.

Easy

20s rest

2

## Side Kick

4 x 25m side kick, switch sides each length.

Easy

15s rest

Fins

3

## 6-Kick Switch

4 x 50m: 6 kicks, stroke, switch.

Easy

20s rest

Fins

4

## Bilateral Swim

4 x 50m freestyle, breathe every 3 strokes.

Medium

20s rest

5

## Cool Down

2 x 50m easy backstroke.

Easy

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Total: approx. 600 Metres



# Workout 3: Breaststroke Kick

The breaststroke kick is unique. Get the whip right.

**1****Warm Up**

4 x 50m easy freestyle.

**Easy****20s rest****2****Wall Kick**

4 x 25m breaststroke kick holding the wall.

**Easy****15s rest****3****Board Kick**

4 x 50m breaststroke kick with board. Glide between kicks.

**Easy****20s rest****Kickboard****4****Easy Breaststroke**

4 x 50m breaststroke. Focus on the kick and glide.

**Easy****20s rest****5****Cool Down**

100m easy freestyle.

**Easy****--****Total: approx. 600 Metres**



# Workout 4: Mixed Technique

Work on both strokes in one session.

**1****Warm Up**

4 x 50m easy freestyle.

**Easy****20s rest****2****Freestyle Drill**

4 x 50m catch-up freestyle.

**Easy****15s rest****3****Breaststroke Drill**

4 x 25m 2-kick-1-pull. Hold the glide.

**Easy****20s rest****4****Freestyle Swim**

4 x 50m freestyle. Count strokes.

**Medium****20s rest****5****Breaststroke Swim**

4 x 50m breaststroke. Count strokes.

**Medium****20s rest****6****Cool Down**

100m easy choice.

**Easy****--**

**Total: approx. 800 Metres**



# Workout 5: Putting It Together

Combine everything: position, kick, pull, and breathing into one smooth stroke.

**1**

## Warm Up

4 x 50m easy freestyle.

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

## Torpedo Kick

4 x 25m streamline kick. Set your body position first.

**Easy****15s rest****Fins****3**

## Catch-Up Drill

4 x 25m catch-up freestyle. Patience on the lead arm.

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

## Drill-Swim

4 x 50m: 25m fingertip drag + 25m full freestyle.

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

## Freestyle Swim

4 x 100m freestyle. Count your strokes per length.

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

## Cool Down

2 x 50m easy backstroke.

**Easy****--**

**Total: approx. 900 Metres**

FOUNDATIONS

# Feeling Good?

Try something a little harder. The next five workouts step things up with longer sets, higher intensity, and more demanding technique work. Same focus, bigger challenge.



# Workout 6: Four Stroke Sampler

Touch all four strokes. Keep each one short and focus on the basics of each.

**1**

## Warm Up

300m easy freestyle.

**Easy**

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**2**

## Freestyle

4 x 50m freestyle with catch focus.

**Medium****15s rest****3**

## Backstroke

4 x 50m backstroke with rotation focus.

**Medium****15s rest****4**

## Breaststroke

4 x 50m breaststroke with glide focus.

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

## Butterfly

4 x 25m butterfly. Short and controlled.

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

## Cool Down

200m easy choice.

**Easy**

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**Total: approx. 1600 Metres**



# Workout 7: Endurance Builder

Longer sets, shorter rest. Build your ability to swim continuously.

1

## Warm Up

300m: 100 free, 100 back, 100 free.

Easy

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2

## Kick Set

4 x 100m kick with kickboard: 2 free, 2 back.

Medium

20s rest

Kickboard

3

## Main Set

4 x 200m freestyle. Hold your pace across all four.

Medium

30s rest

4

## Cool Down

200m easy backstroke.

Easy

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Total: approx. 1800 Metres



# Workout 8: Speed & Skill

Shorter, faster reps. Push the pace while keeping your stroke clean.

**1****Warm Up**

4 x 100m easy freestyle.

Easy

15s rest

**2****Drill Set**

4 x 50m drill of choice.

Easy

15s rest

**3****Speed Set**

8 x 50m freestyle, descend in pairs.

Hard

20s rest

**4****Backstroke**

4 x 50m backstroke at strong effort.

Hard

20s rest

**5****Cool Down**

200m easy choice.

Easy

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**Total: approx. 1600 Metres**



# Workout 9: Distance Challenge

The longest session yet. Pace yourself and stay smooth.

1

## Warm Up

400m: 200 free, 100 back, 100 drill.

Easy

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2

## Kick Set

4 x 50m kick, choice.

Easy

15s rest

3

## Main Set

3 x 300m freestyle at steady effort.

Medium

30s rest

4

## Backstroke

4 x 50m backstroke.

Medium

15s rest

5

## Cool Down

200m easy choice.

Easy

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Total: approx. 2000 Metres



# Workout 10: Full Program Session

Everything you have learned, in one session. This is your benchmark.

**1****Warm Up**

400m easy mixed strokes.

**Easy**

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**2****Drill Set**

4 x 50m: 25m drill + 25m swim, mix of strokes.

**Easy****15s rest****3****Freestyle Main**

4 x 200m freestyle, descend 1-4.

**Medium****25s rest****4****Backstroke Set**

4 x 100m backstroke at steady effort.

**Medium****20s rest****5****Cool Down**

200m easy choice.

**Easy**

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**Total: approx. 2200 Metres**



# See You at Squads.

You've built the technique. You've put in the work. The next step is  
joining a squad where you'll train with others, build fitness, and  
take your swimming even further.

[precisionswimming.com](https://precisionswimming.com)