

Breakout, Turn, and Finish Drills

Streamlined Breakouts

- Begin in "ready position"
 - One hand on wall
 - Other hand extended towards other end
 - Feet pointing up
 - Eyes looking at hand on wall
- Push-off in perfect streamlined position
- 5 strokes free or back, 3 strokes fly or breast
- No breathing first 3 strokes (except breast)

1-Turn 25's/2-Turn 50's

- Start from center of pool
- 1-turn 25's: sprint, turn, sprint
- 2-turn 50's: sprint, turn, build, turn, sprint
 - 1st turn = bad, 2nd turn = good
 - Or, 1st turn = slow, 2nd turn = fast

Finishes

- 5 full strokes, pretend to finish on 5th stroke (extend arm to imaginary wall), pause 3 seconds, repeat