

Long Axis Drills: Free

10-Beat Free

- One arm extended, hand 6" below surface
- Other arm at side, belly facing side wall
- Kick 10 times, then arm-pull, body rolls to other side, repeat

Single-Arm Free

- One arm at side, other arm strokes
- Shoulders and hips roll as one unit
- Breathe toward non-stroking arm

3-3-3-3 Free

- 3 strokes r-arm
- 3 full strokes
- 3 strokes l-arm
- 3 full strokes

Human Stroke

- Freestyle with underwater arm recovery
- Breathe to sides, every 3rd stroke
- Accelerate through and finish-off every stroke

No-Arm Free

- Arms at sides (hands in pockets)
- Rotate side-to-side, 3 kicks per side