

MSNSW Freestyle Workshop: Focus catch and pull phase of stroke Anne Smyth and Greg Gourley

It is important to set yourself right from the start with good body position

- Shoulders back, tummy in (strong core), lengthen out, long and strong, head low – 1 goggle in, 1 goggle out. Body in straight line; head, shoulders, hips and toes touching surface. Breathing is continuous while face is in water. Good to do some bilateral to balance stroke.
- Your stroke – Reach “over the barrel” on entry and spear middle finger into water. Elbows slightly higher than wrist, wrist slightly higher than fingers. 120 degree angle in catch and pull phase. High elbow underwater, accelerate through stroke, following line of your body. Relaxed recovery- elbow leads recovery.
- Your kick – legs narrow straight behind, from hips, turn big toe in.
- Timing – hold your catch - when your opposite hand passes your ear, commence your pull phase. *Stroking in the front quadrant* - there must always be 1 hand in front of your head

3 focus drills:		
Javelin <i>(swimsmooth)</i>	Catch	Kick on side with paddle on extended arm. Focus on pulling shoulders back, fingers lower than wrist, lower than elbow. Transition to full stroke breathing away from paddle.
Half diamond <i>(effortless swimming)</i>	High elbow position in pull	Hold 1 arm in catch position – about 120 degree angle, elbow in front of shoulders, fingers pointing down, and other arm is by side. Kick, feel the resistance and practise the high elbow catch position
YMCA drill <i>(effortless swimming)</i>	To practise high elbow position through all stages of catch and pull	<p>Hold 4 key positions:</p> <p>Y= starting catch arm extended out in front, fingers lower than wrist, wrist lower than elbow, elbow lower than shoulder.</p> <p>M=hold in high elbow catch position, fingers pointing down to bottom of pool</p> <p>C= Power Diamond position. Both arms held in diamond position @ 100-120 degrees, if viewed side on, fingers, elbow and shoulder are all in 1 line</p> <p>A = Exit -palm of hand facing mostly behind next to hip, elbow slightly bent</p> <p>Recover underwater and repeat</p> <p>https://www.youtube.com/watch?v=Q5thjxmqLnY&t=7s</p> <p>Extension 1: 1 arm YMC with over water recovery</p> <p>Extension 2: 1 arm YMC with over water recovery + 1 stroke</p>

Stroke Rate - using Tempo Trainers

<https://mastersswimmingnsw.org.au/coaches-and-officials/coaching/coaching-tips/tempo-trainers/> for more information on how to use them in training

- Average Stroke Rate is around 60.
- Swimmers set tempo trainer on **Mode 3** and experiment with different stroke rates:
48 – Should be way too slow for all
63 - about average
76 – Thorpe’s stroke rate
110 – Janet Evans stroke rate

Experimenting with own stroke rate: Swimmers now set tempo trainer a few beeps above or below stroke rate- what feels good? All about finding the sweet spot – swimming fast and efficiently.