

**SET 1 – Kick and Body Position.** Aim to be flat and shallow on all aspects/drills. The focus is to swim a flat breaststroke and going just above the water and just below the water as you swim. **NOT TO CLIMB OUT & HIGH AND DIVE FORWARD!!!!- that's a bit old these days.**

- 20 x50-1:20**
- 1=Kick on Back                      keep knees low and heels should come up to the bottom in a straight line.
  - 2=Streamlined Kick                      use above kick technique and focus on a flat streamlined body just underwater.
  - 3=2 Kicks – 1 pull                      Focus on getting in & out of streamline smoothly and with little up and down movement
  - 4= Swim (4-6 strokes)                      all of the above. Use less strokes than in any race. 4-6 is probably best.
  - 5=Mini Max                      Use previous stroke count but swim as fast as possible)

**SET 2 – Used to get an all-round feel of Breaststroke.**

Section	Set	Activity	NOTES
1	4x25-1:00	Extreme-DPK	With a board-25m with the fewest number of kicks
2	3x50-1:20	1=kick to hands (hands by bottoms) 2=Streamlined on back (keep knees low) 3=Streamlined kick on front (kick straight back)	On sections 1-3, swimmers focus on the kick and body position. Get a feel on the feet and kick through to the bottom of the pool). Swim as flat as possible. Focus should be getting into a flat streamlined body position.
3	4x75-1:45	Odd=3 kicks-1 pull / 2 kicks-1 pull / swim Even=3 pulls-1 kick /2 pulls-1 kick /swim	
4	4x25-1:00	Extreme-DPS	Swimmers should complete 25m in 1-3 strokes using an exaggerated glide with good streamlining.
5	3x50-1:20	Pull with paddles (fins optional-only use a slight dolphin kick)	Try not to kick hard, but rather have a gentle flowing dolphin leg action to help you a long. Aim to create forward momentum from the pull and focus on streamlining when recovering the arms.
6	4x75-1:45	50 Layout Drill /25 swim	<b>LAYOUT DRILL.</b> Do full stroke breaststroke but separate the pull and kick. i.e. pull and glide (no kick), then kick and glide. Have the legs streamline when pulling and the arms streamline when kicking.
7	4-6x 50-1:20	Odd= DPS (a count lower than 200 race count) Even=Mini Max	For the odd reps just swim 50m using a low stroke count approximately 4-6 strokes (or just less than any race). On the even reps, do the same number of strokes but try to get the fastest time possible.