

Breaststroke

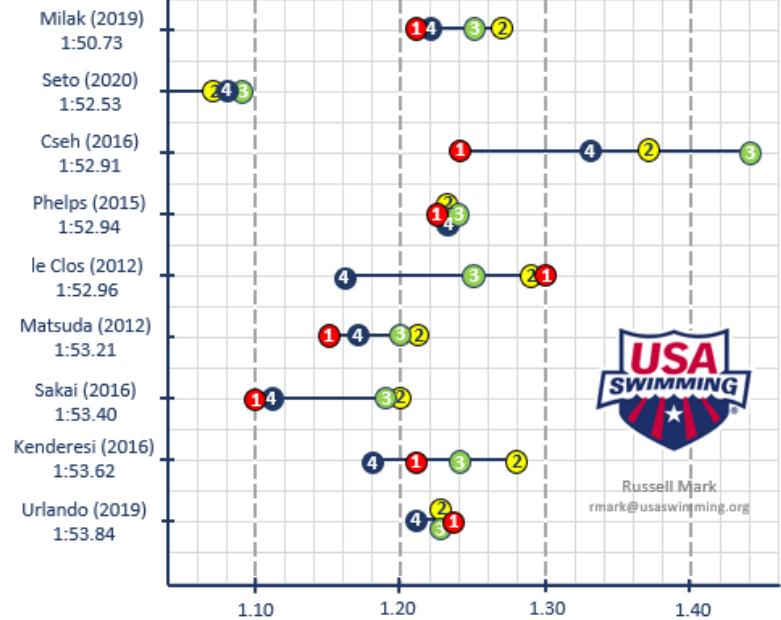


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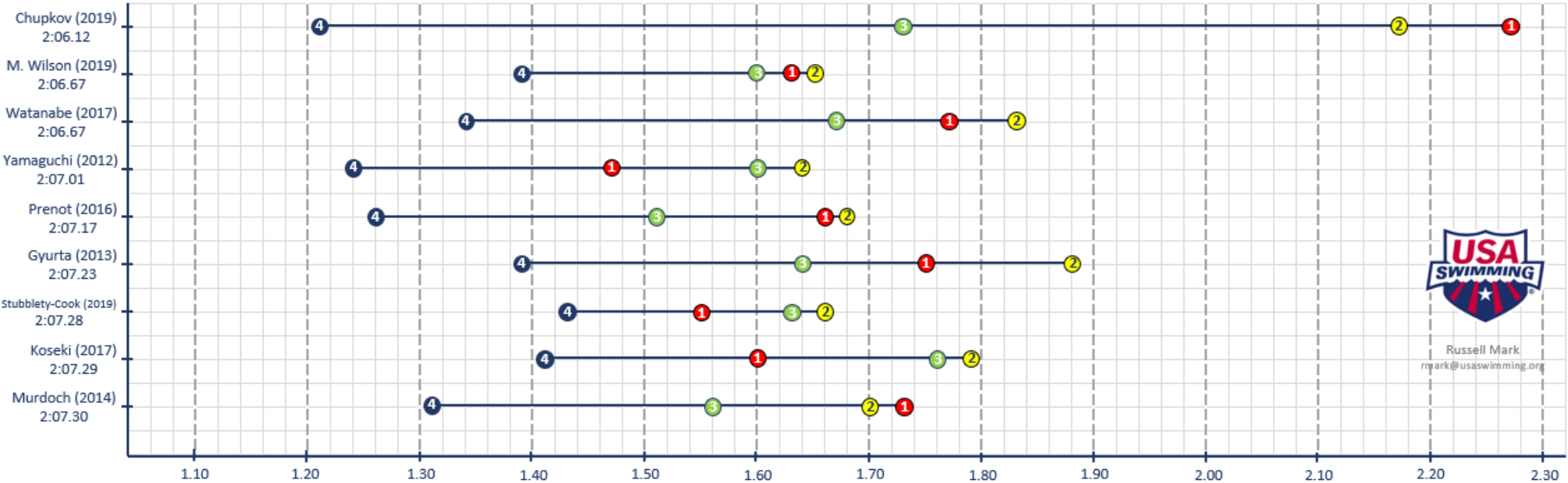
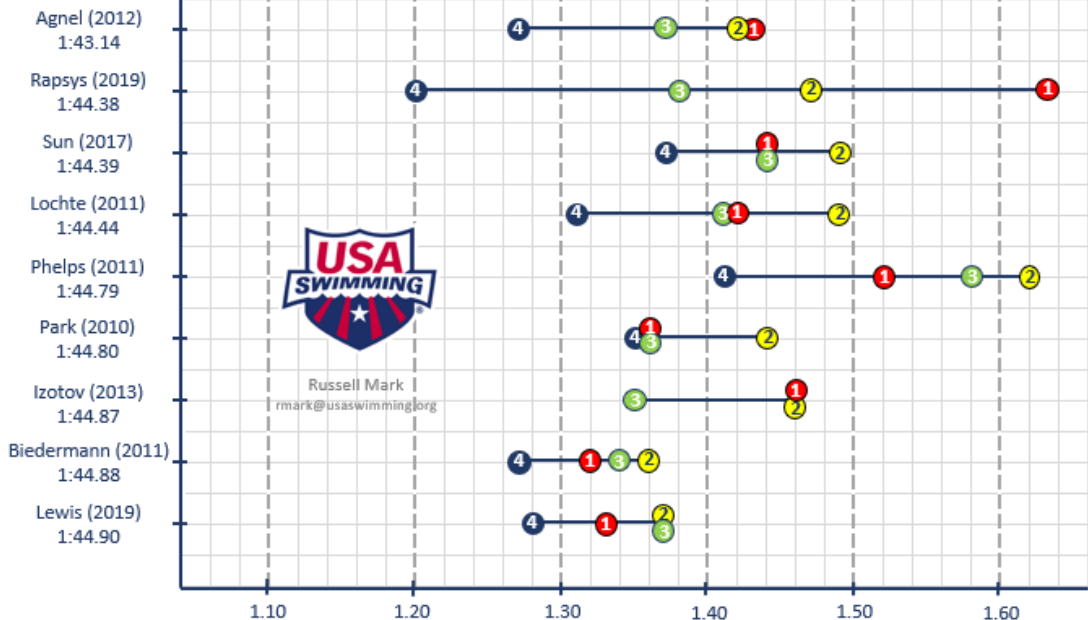
Breaststroke Tempo

- Fly – The smallest variance across athletes & within a race
- Breast – The largest variance within a race
- Effective breaststroke racing must have multiple gears
- Tempo up at the end of a race
- 60th cycle will produce less propulsion than 1st cycle...
won't have the same speed to glide from...
must make up for that with tempo
- Technique / DPS is the foundation, but don't be afraid of tempo

M 200 FL
0.09



M 200 FR
0.16

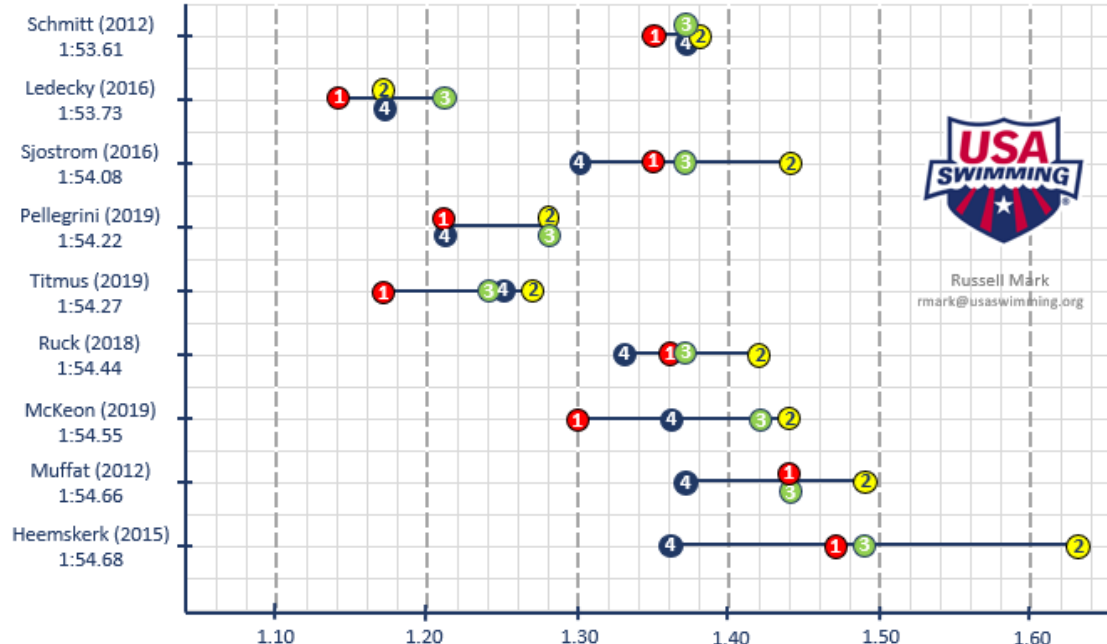
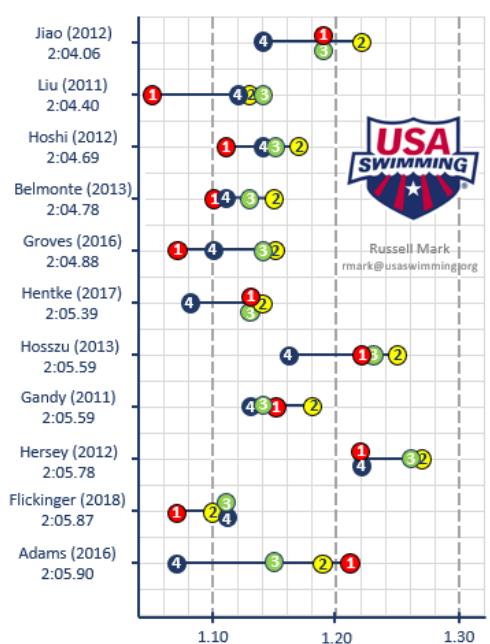


M 200 BR – Avg Tempo Var. 0.46

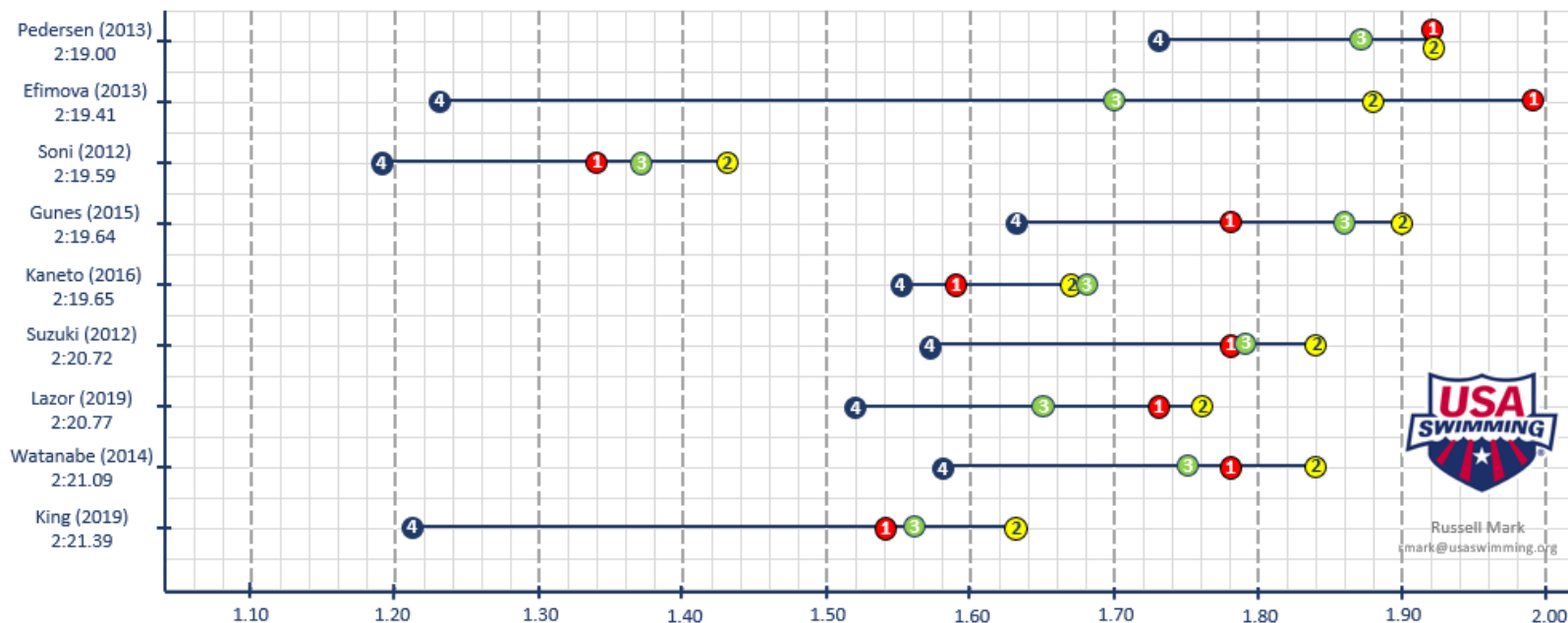
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W 200 FL 0.08



W 200 FR 0.11

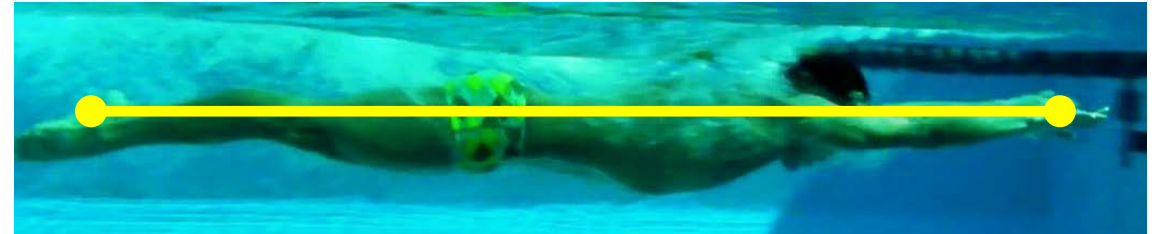


W 200 BR – Avg Tempo Var. 0.31

Breaststroke Technique Priorities

1) Great line in between strokes

- Head between arms
- Fingertips to toes just under the surface
- Face can be tilted forward



2) **Attack forward**

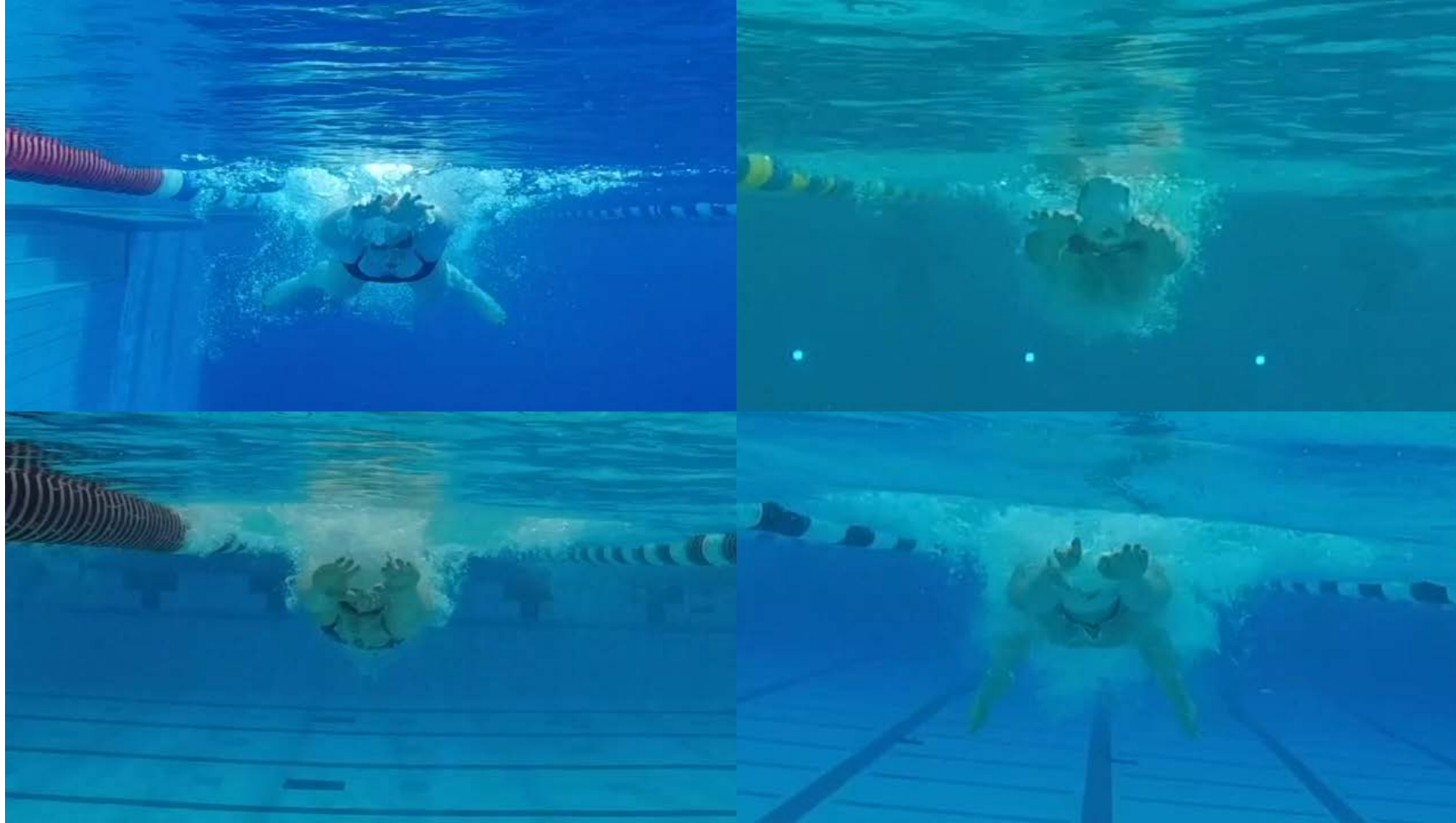
- Body & Arms
- Triangle of Space



3) Kick your hips high

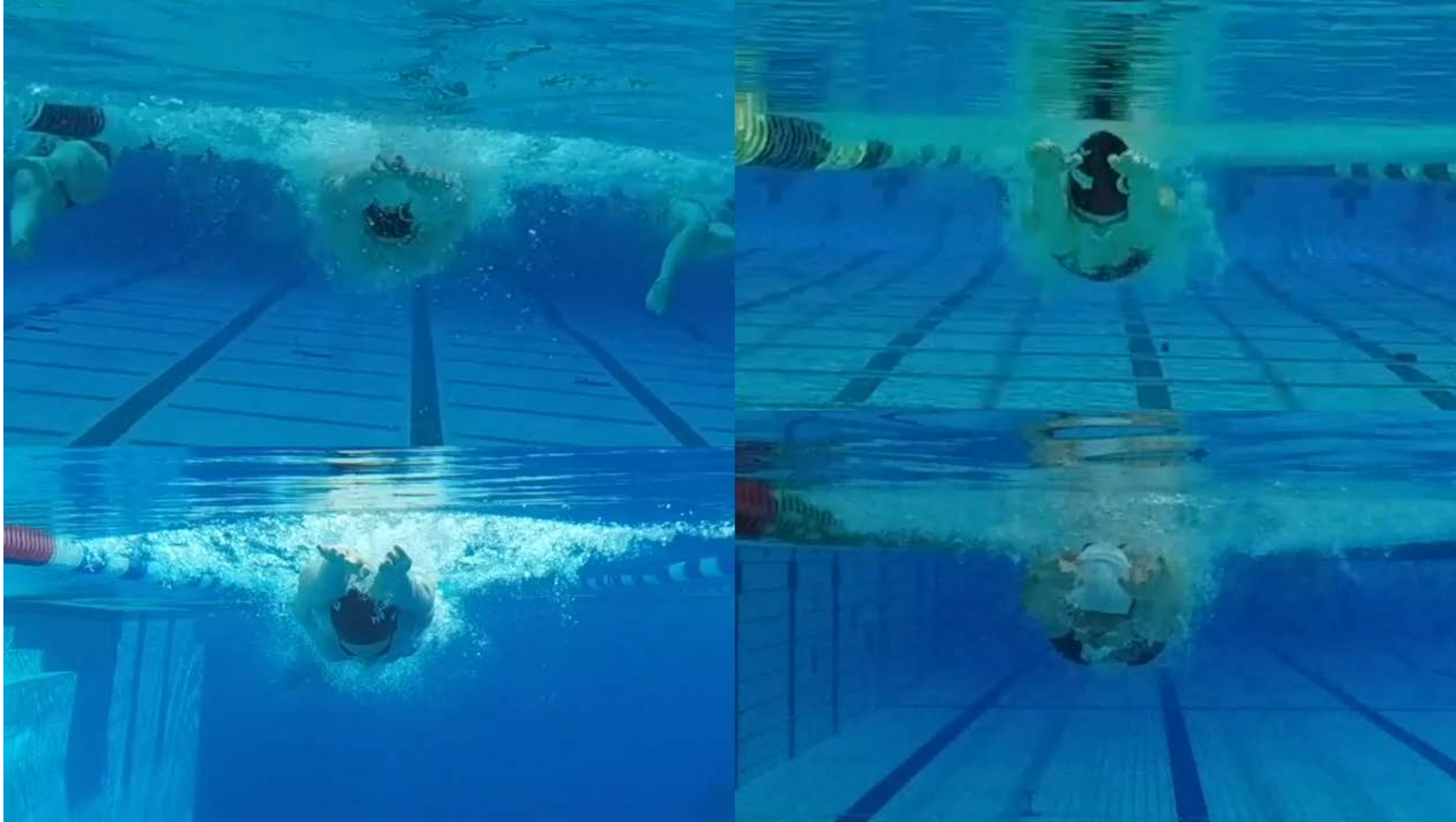
- Legs extend slightly downward before getting into line

Pull Catch, Width, Breath Timing



- Trend towards more athletes with sharper and earlier catch (elbows up, fingers down)
- Pull water back while hands go wide
- Pull water back while hands pull inward & get depth
- Breathe during inward pull. Patience with the breath.

Pull Variations



- Still many breaststrokers with straighter outstroke
- Everything else the same:
- Patience with breath
- Deep hands on inward pull

Pull Shape

- Hands make round shape
- No sharp corners
- Outward & Inward – pull water back
- Hands converge
- Elbows DO NOT
- Elbows can press next to the body and form a Triangle of Space
- Δ is where head/chest shoot into



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Body Line / High Hips



- Start and end each stroke in a great line
- Dynamic surge forward
- Hard to do without the Triangle of Space

High Hips / Tail Wave



- Watch the wave at the lower back
- Turbulence that crashes together and sits at the hips = DRAG

High Hips / Tail Wave



- Minimal wave & less turbulence:
 - Getting upper body in line
 - Great surge forward
 - Kick the hips high

Kick Hips High



- From the peak setup of the kick/heels:
 - Legs extend at a downward angle
 - This applies maximum pressure against the water
 - Also gets the hips up
 - Then legs lift into line
 - The feet do not kick along the surface of the water
 - Will help swimmers that dive downward

Timing



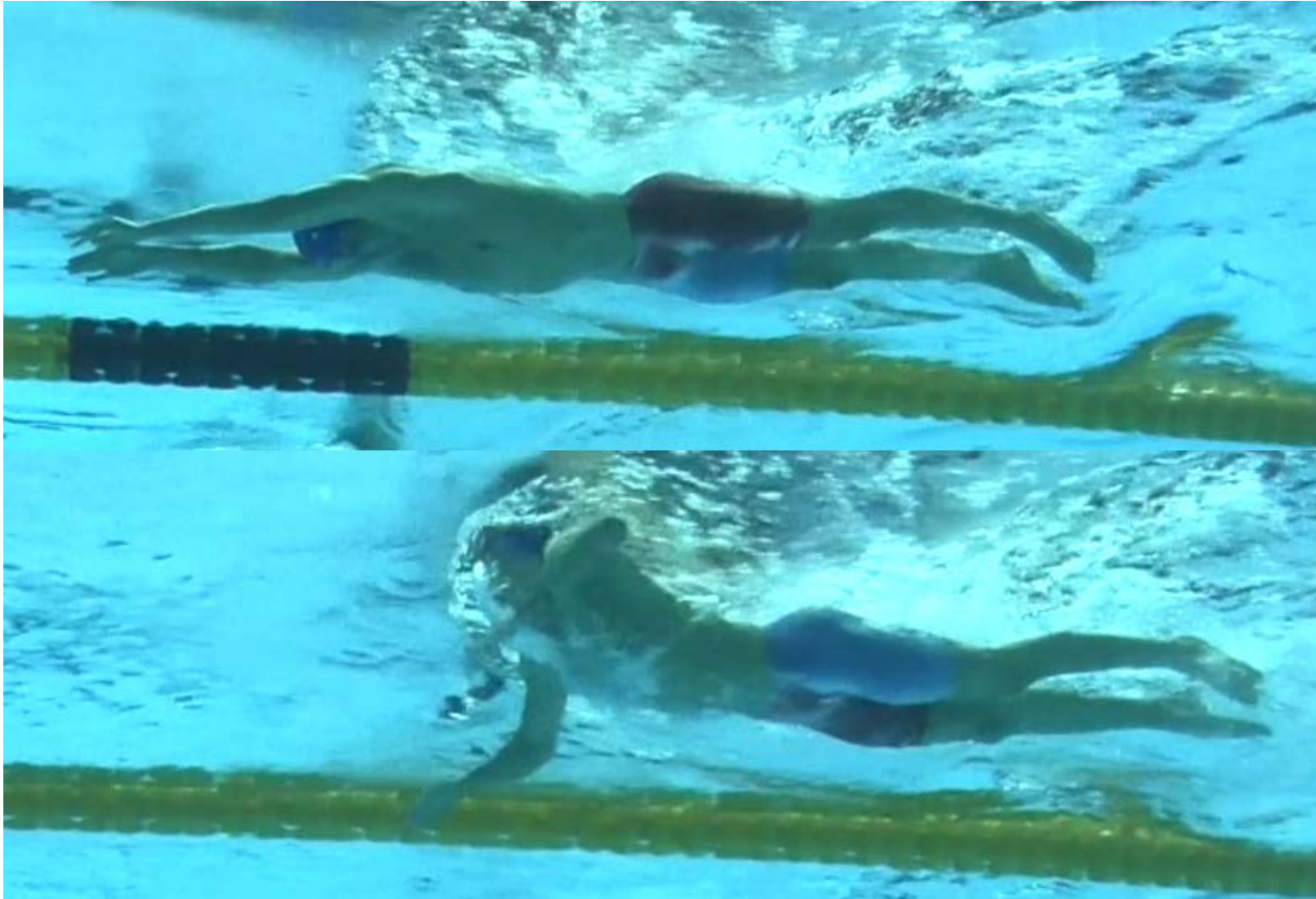
- Pull back – while the legs are in line
 - Heels start to lift as hands transition to recovery
- Kick back – while upper body is in line
 - FAST HEELS drawing the feet upward to setup the kick
 - Not necessarily kicking earlier

Kick Timing & Kick Width



- Kick back while upper body is in line
- Knees wider than the hips, similar to shoulder width
- Feet should be in line or wider than knees

Tempo Mechanics



- Faster tempo means:
 - **Less glide**
 - Similar hand speed through the pull
 - **Feet come up slightly quicker** (not earlier)
 - Hands open up to next pull much earlier
 - Legs still finish the kick