



## 4 Tried and True Techniques to Improve Swim Speed

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### 1. FOCUS ON STROKE TECHNIQUE



- KICK and CATCH properly to maintain good body position and increase propulsion
- USE ENTIRE BODY - coordinate and engage different muscles but reduce unnecessary movements

Good stroke technique utilizes the power of each stroke in all the right ways, ultimately reducing drag and improving propulsion.

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### 2. DON'T IGNORE THE LITTLE DETAILS



- The smallest adjustments can make all the difference. Maybe it's an extra underwater dolphin kick or more effort into turns.
- When a hundredth of a second determines race outcomes, no detail is too minor

Not sure where to start? Record your workouts and track your metrics to identify hidden problems.

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### 3. USE TRANSITIONS TO YOUR ADVANTAGE

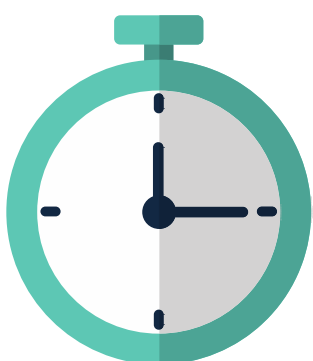


- Quick turns and optimized time underwater provides added speed
- Fast turns not only shave time off, it also leads to a powerful push-off

The push-off is the fastest part of a swim, the more momentum retained in the underwater, the faster the length

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### 4. GRADUALLY INCREASE TRAINING LOAD



- Ramp up training distance and intensity to improve strength and stamina.
- The key is to build this up gradually.

Increasing load too quickly increases injury risks