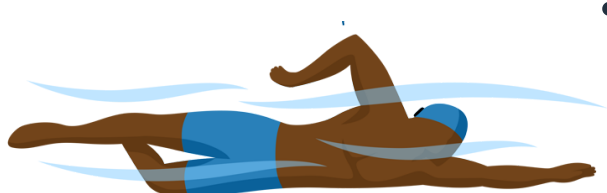


4 Tried and True Techniques to Improve Swim Speed

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.

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.

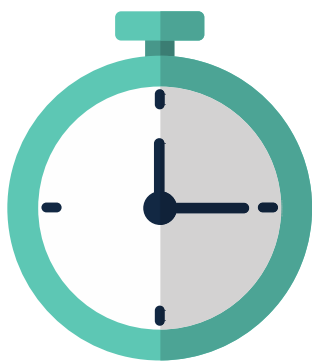
3. USE TRANSITIONS TO YOUR ADVANTAGE



- Quick turns and optimized time underwater provides added speed.
- Fast turns not only shave time but can also lead 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.

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.