

# DRILLS TO IMPROVE METRICS

## Stroke Rate

### Breaststroke with Flutter Kick (Breast)

**Drill:**  
Replace breaststroke with flutter kicks

**Improves:**  
Pull strength and speed

### Head Up Drill (Free and Fly)

**Drill:**  
Keep the head out of the water and swim as usual

**Improves:**  
Stroke and kick speed while maintaining proper form

### 2-2-2 (Back)

**Drill:**  
Alternate between single arm (2 left, 2 right), and a full cycle (2 regular pulls)

**Improves:**  
Stroke turnovers and rotations

