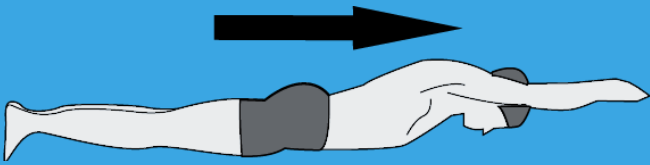


# MAXIMIZING TIME UNDERWATER



## TIGHT STREAMLINE

Reducing drag is the most important factor during the underwater portions of a race. The easiest way to improve is to keep a tight streamline. This will allow you to go further, faster.



## PUSH OFF STRENGTH

The fastest speed you reach during a length is right at the end of the push-off. A stronger push off will produce more speed to sustain a longer time underwater.



## WHERE AND WHEN

The ideal depth is between 0.4-0.6m. The ideal distance is at the point where your speed underwater matches or goes below your average stroking speed.

## BE CONSISTENT

Most swimmers tend to drop time underwater as a race progresses, but faster swimmers maintain consistency throughout. Focus on producing consistent time underwater, without sacrificing any distance.



## STRONG UP KICK

During dolphin kicks, it is important to kick hard up as well as down, and to get your toes really moving fast.