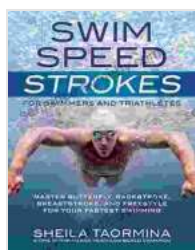


# Swim Speed Strokes For Swimmers And Triathletes: The Ultimate Guide to Faster Swimming

Swimming is a great way to get fit, stay healthy, and have fun. But if you're looking to take your swimming to the next level, you need to master the speed strokes. The speed strokes are the four basic swimming strokes: the front crawl, the backstroke, the breaststroke, and the butterfly stroke. Each stroke has its own unique advantages and disadvantages, and it's important to learn how to use them all effectively.



## Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) by James Koeper

★★★★☆ 4.6 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 244 pages



In this book, we'll teach you everything you need to know about the speed strokes. We'll cover the basics of each stroke, as well as more advanced techniques for improving your speed and efficiency. We'll also provide you

with a variety of drills and exercises to help you practice your strokes and improve your overall swimming performance.

## **The Front Crawl**

The front crawl is the fastest and most efficient of the four speed strokes. It's used by swimmers of all levels, from beginners to Olympians. The front crawl is a continuous, overhand stroke that uses alternating arm movements and a flutter kick.

To perform the front crawl, start by lying face down in the water with your arms extended in front of you. Your hands should be shoulder-width apart and your fingers should be pointed forward. Take a deep breath and then start to pull your right arm through the water in a circular motion. As you pull your right arm, kick your legs up and down in a flutter kick. Once your right arm has reached your hip, push it back through the water and start to pull with your left arm.

Continue alternating arm strokes and flutter kicks until you reach the end of the pool. The key to swimming the front crawl efficiently is to keep your body in a streamline position. Your head should be in line with your spine and your hips should be lifted slightly. Your arms should be straight and your hands should be cupped. Your legs should be close together and your feet should be pointed.

## **The Backstroke**

The backstroke is the second fastest of the four speed strokes. It's used by swimmers of all levels, from beginners to Olympians. The backstroke is a continuous, overhand stroke that uses alternating arm movements and a

flutter kick. The backstroke is similar to the front crawl, but it's performed on your back.

To perform the backstroke, start by lying on your back in the water with your arms extended overhead. Your hands should be shoulder-width apart and your fingers should be pointed forward. Take a deep breath and then start to pull your right arm through the water in a circular motion. As you pull your right arm, kick your legs up and down in a flutter kick. Once your right arm has reached your hip, push it back through the water and start to pull with your left arm.

Continue alternating arm strokes and flutter kicks until you reach the end of the pool. The key to swimming the backstroke efficiently is to keep your body in a streamline position. Your head should be in line with your spine and your hips should be lifted slightly. Your arms should be straight and your hands should be cupped. Your legs should be close together and your feet should be pointed.

## **The Breaststroke**

The breaststroke is the slowest of the four speed strokes. It's used by swimmers of all levels, from beginners to Olympians. The breaststroke is a continuous, overhand stroke that uses a simultaneous arm movements and a frog kick. The breaststroke is unique in that it's the only stroke that uses a simultaneous arm movements.

To perform the breaststroke, start by lying face down in the water with your arms extended in front of you. Your hands should be shoulder-width apart and your fingers should be pointed forward. Take a deep breath and then start to pull your arms back through the water in a circular motion. As you

pull your arms back, bend your knees and draw your feet up towards your buttocks. Once your hands have reached your chest, push them forward and out to the sides. As you push your arms forward, extend your legs and kick your feet out in a frog kick.

Continue alternating arm strokes and frog kicks until you reach the end of the pool. The key to swimming the breaststroke efficiently is to keep your body in a streamline position. Your head should be in line with your spine and your hips should be lifted slightly. Your arms should be straight and your hands should be cupped. Your legs should be close together and your feet should be pointed.

## **The Butterfly Stroke**

The butterfly stroke is the most difficult of the four speed strokes. It's used by swimmers of all levels, from beginners to Olympians. The butterfly stroke is a continuous, overhand stroke that uses a simultaneous arm movements and a dolphin kick. The butterfly stroke is unique in that it's the only stroke that uses a simultaneous arm movements and a dolphin kick.

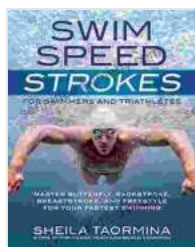
To perform the butterfly stroke, start by lying face down in the water with your arms extended overhead. Your hands should be shoulder-width apart and your fingers should be pointed forward. Take a deep breath and then start to pull your arms back through the water in a circular motion. As you pull your arms back, bend your knees and draw your feet up towards your buttocks. Once your hands have reached your hips, push them forward and out to the sides. As you push your arms forward, extend your legs and kick your feet up and down in a dolphin kick.

Continue alternating arm strokes and dolphin kicks until you reach the end of the pool. The key to swimming the butterfly stroke efficiently is to keep your body in a streamline position. Your head should be in line with your spine and your hips should be lifted slightly. Your arms should be straight and your hands should be cupped. Your legs should be close together and your feet should be pointed.

The speed strokes are the four basic swimming strokes: the front crawl, the backstroke, the breaststroke, and the butterfly stroke. Each stroke has its own unique advantages and disadvantages, and it's important to learn how to use them all effectively. By mastering the speed strokes, you'll be able to swim faster, more efficiently, and with more confidence.

If you're looking to improve your swimming speed and performance, I encourage you to Free Download a copy of Swim Speed Strokes For Swimmers And Triathletes. This book is the ultimate guide to faster swimming. It covers everything from the basics of each stroke to advanced racing strategies. Whether you're a beginner or a seasoned swimmer, you'll find something in this book to help you improve your speed and performance.

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