



Breaststroke

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The Best...

- Have the most speed when they extend into their line
- Have the most speed at the peak of their stroke/breath
 - Just before extending into line
 - Slow down the least at that point



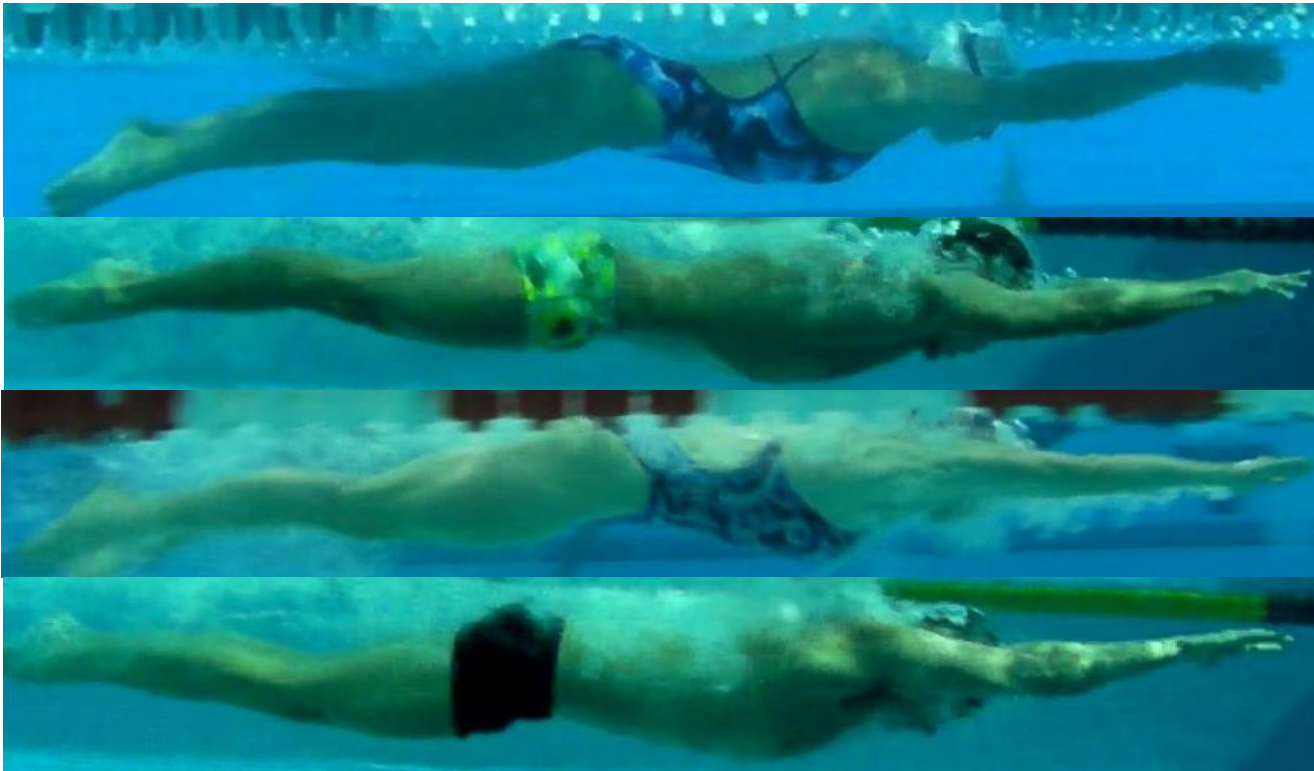
Priorities

- Shoot into your line
 - Like **REALLY** shoot into your line!!
 - Chest, body, and arms
 - Dynamic action
- Set up in order to shoot into your line
 - Want to maintain as much speed as possible before shooting into line
 - Hand path is smooth and round
 - Elbows stay wide



Breaststroke Line

- Fingertips to toes
- Hide head in between arms
- Hips high just under the surface





Press into Line

- Shoot the hands
- Surge the upper body
 - Don't just throw the head
- The body is just as important as the hands
 - Impacts timing of the kick



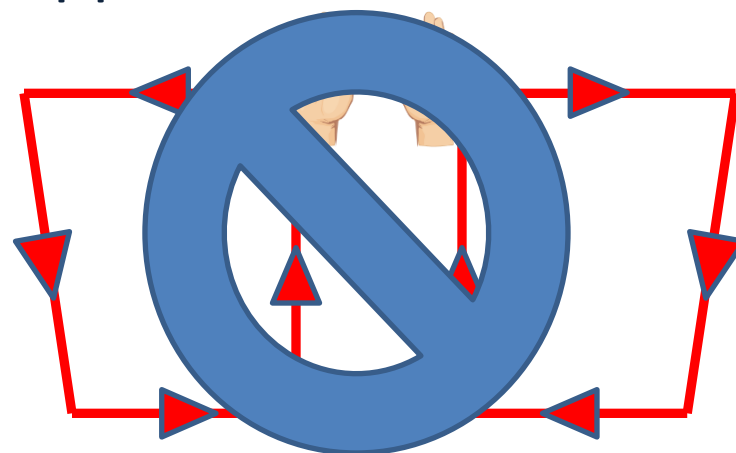
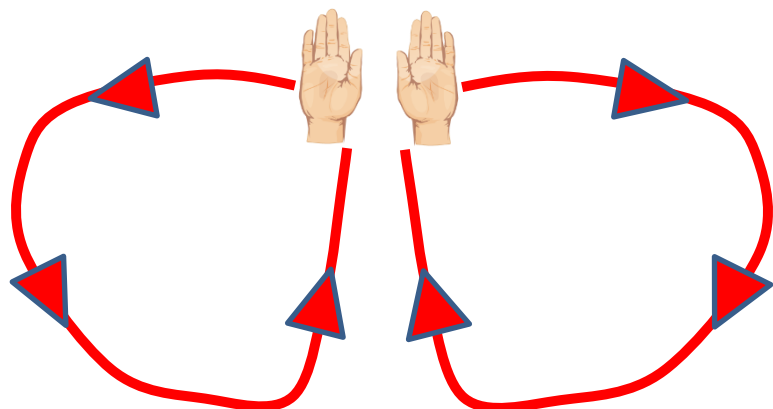
Breaststroke Pull

- Two purposes:
 1. Generate propulsion
 2. Set up to shoot into line
- Have to find balance between the two
 - Pulling too much can compromise body/hip position and decrease speed
 - Pulling too little so you're definitely not getting stuck doesn't help propulsion



The Pull

- The shape of the pull dictates how well you maintain forward speed
 - Unlocks the body surge
- Hands make a round shape
 - No sharp corners
 - No direct backward force applied on the water





The Pull

1. Distinct outsweep

- Palms face the side of the pool
- Generally just outside shoulder width
- Not propulsive, but sets up the shape

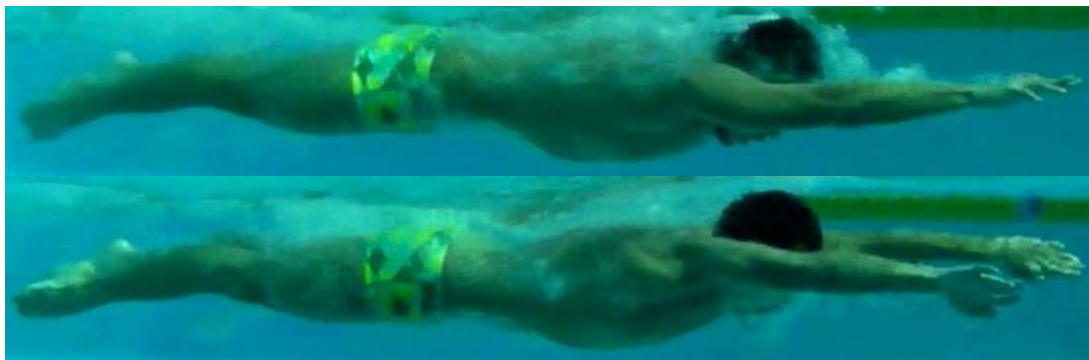
2. Inward “catch”

- Hands carve down and inward
- Elbows stay high; near surface; above hands
- This is where breath occurs



The Pull

1. Distinct outswEEP



2. Inward “catch”





The Pull

3. Transition to shoot arms forward

- Elbows come next to body
- Hands elevate; naturally facing upward
- Elbows DO NOT squeeze together in front; stay wide

4. Recovery

- Hands shoot forward; push forward with elbows
- Elbows stay wide, just naturally follow the hands
- Rotate palms down; opens biceps for extension

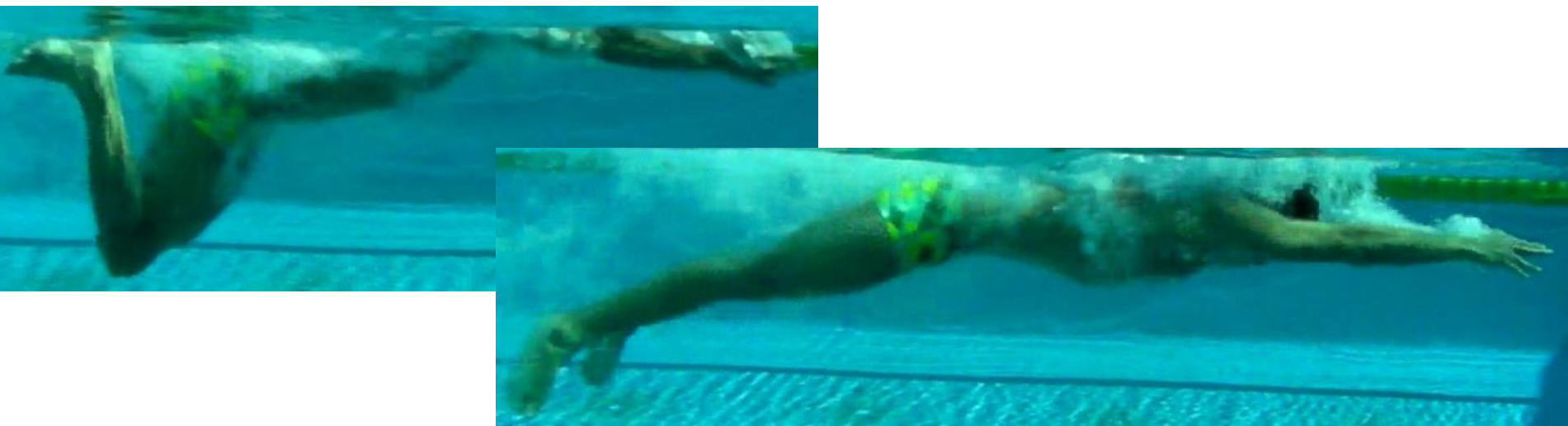


The Pull

3. Transition to shoot arms forward



4. Recovery





The Pull: Common Flaws

- Breathing too early
 - Breathe on inward catch; the hands carving down will help the head/body lift
- Skipping the outswEEP / pulling back immediately
 - Early breath
 - Compromised body/hip position
- Getting “stuck” ...
 - Elbows go too far back; body gets upright
 - Elbows get too narrow; gets in way of body
 - Sharp corners; round shape transfers speed forward



The Pull: Important Notes

- Trying to maximize pull propulsion can compromise overall speed
- Remember, it's about:
 - Maintaining speed at the peak of the breath
 - Having maximum speed at the extension
- It's not about who is the best puller
- Breaststroke is won in the spaces between the strokes



The Pull: Important Notes

- The best pull keeps the body leaning and moving forward over the water
- Head should stay neutral; can look forward
 - Any head movement should be controlled and smooth



Timing

- When do the knees bend to bring heels up?
 - At end of inward catch as arms transition forward
- FAST heels!
 - Especially since it's so late and non-propulsive
- When do feet turn outward and push water back?
 - As arms reach full extension
 - Head is just about to get in line



Timing

- Pull with your legs in streamline
- Kick with your upperbody in streamline
- Maximize both propulsive movements
 - Never getting in the way of each other
- “Late” timing
 - Heels not coming up fast enough
 - Arms extended, but upper body not in line



The Kick

- Heels come up, knees go down
 - A sharp thigh angle (or deep knee) is inevitable
 - Creates resistance, minimize amount of time here
- Most breaststrokers have knees at shoulder width
 - Could decrease the angle of the thighs facing water
 - Could make it easier to turn feet out



The Kick

- Push water back
 - Feet turn out; toes point to the side
 - Feet should set up at least width of knees, not inside
- The kick will naturally extend downward.

The keys are to:

- Push back as much as possible
- Get the legs up and in line as quickly as possible



Increasing Speed

- Pulling faster or harder does not create speed or increase tempo
- Increase speed/tempo by:
 - Less glide
 - Bring heels up faster; push back sooner



Common Issues

- Diving down
 - Use the body more
 - Kick back more
 - The body might be coming up too high
 - The hands might be too high out of the water
- Dolphin kick
 - Related to diving down with the hands
 - And then having to arch upward back toward the surface



Breaststroke: Pullout

- Body line is the absolute priority
- Put kick where the line stays best
 - For most people, it's after hand separation and before pull down
- A big dolphin kick isn't necessarily best
 - Kick from the knees