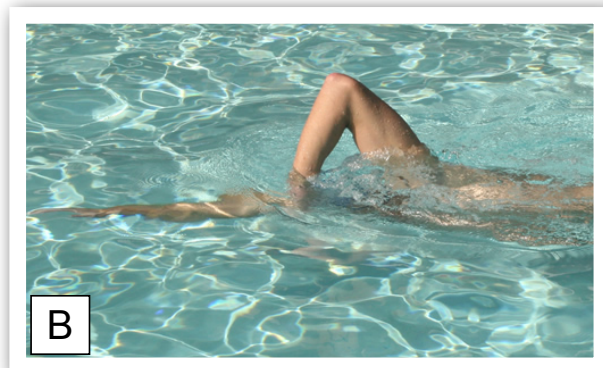
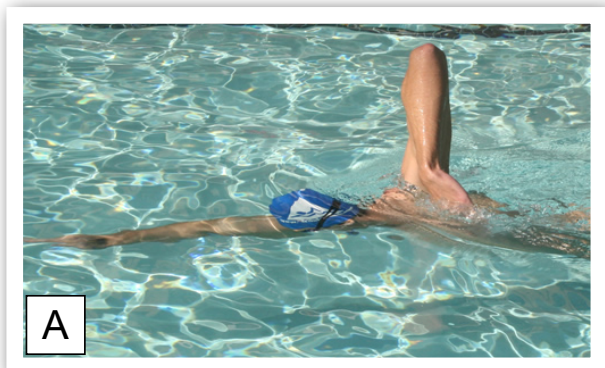


## DAY 2 - LEARNING TO SWIM ON YOUR SIDES



### LEARNING OBJECTIVES:

- ✓ Becoming balanced on your sides
- ✓ Implementing the high elbow recovery

Now that you've mastered balancing on your side, it's time to practice the foundation of the arm stroke.

Let's start with the **shark fin drill**.

This drill is the foundation for being able to swim on your side in freestyle. This will tell you how well you've mastered balancing on your side in the water, and will allow you to improve your freestyle even more.

When doing this drill, you may start sinking when you get to the shark fin position. This is normal! If you do start sinking, slide your arm immediately back to your side, and roll back up into kicking on your side. If you are a sinker, don't forget about using fins.

**WARM UP:** 300 yards or meters, mostly kicking on your sides.

**Set #1:** 6x50's Alternating Right & Left sides kicking (as in Session #1) by 25

**Rest** :15 between each 50

**Set #2:** 12x25's Shark Fin Drill

- ▶ Start in the kicking on your side position.
- ▶ Lift your trailing elbow up towards the sky, and drag your hand through the water until it reaches your goggle line (or until you've made a shark fin).
- ▶ Slide the hand back down, roll onto your back, grab some air and repeat.
- ▶ Keep thinking about keeping your eyes looking directly at the pool bottom.

Now you are improving your balance in the water and setting yourself up for proper freestyle!

### COMMON MISTAKES:

- Trying to do two or three cycles without taking a breath. Slow down, do one at a time.
- Being discouraged by sinking. Most people sink right away. The more you can get in the water and practice, the less of a problem this will be.

 <b>DO'S</b>	 <b>DON'TS</b>
<ul style="list-style-type: none"> <li>▶ Keep your hand along your side</li> <li>▶ Keep your elbows high</li> <li>▶ Stay on your side</li> </ul>	<ul style="list-style-type: none"> <li>▶ Go too fast</li> <li>▶ Forget to take 2 or 3 breaths between cycles</li> <li>▶ Lift your head up</li> <li>▶ Worry about sinking</li> </ul>