

Menu No.: 130MN-W1P1

#	m/y	Sub	Type	Details
4	50	200	Warm-up	Relax the joint to swim easily (1)Wrists (2)Elbows (3)Shoulders (4)Neck
4	25	100	Drill Practice	Stand up on the way and repeat. Check the points in each drill.
4	50	200	Drill Practice	On the way: Drill Return: Freestyle (It is OK to stand up on the way for drills) Recreate the sensations you get from the drills with freestyle.
Total		500	If you still have time and energy, swim 25 m or 50 m repeatedly. Before you start swimming, pick a checkpoint, then swim and assess whether you did it correctly after swimming.	
Drill			Dive	Feel the sensation that the whole body is supported by the water.
Drill			Prone Glide	(1)Extend the elbows and use the arms as support. (2)Stretching the armpits. (3)Shift your weight onto your chest. (4)Point the top of the head forward.

D13010-Dive



[Video Example](#)

[Video Description](#)

Overview

Extend both hands upward, jump and land horizontally.

Check Point

- Feel the sensation that the whole body is supported by the water.

D13020-Prone Glide



[Video Example](#)

[Video Description](#)

Overview

Extend both arms to the front in the water, push off the bottom of the pool as you lean forward and glide.

Check Point

- Extend the elbows and use the arms as support.
- Stretching the armpits.
- Shift your weight onto your chest.
- Point the top of the head forward.
- Maintain the position of the extended hands.
- Keep the feet together.