

Menu No.: 120MN-W1P1

| # | m/y | Sub | Type | Details |
|-------|-----|-----|--|---|
| 4 | 50 | 200 | Warm-up | Increase the sensation: (1)Relax sensation (2)Leaning sensation (3)Stable sensation (4)Smooth sensation |
| 8 | 25 | 200 | 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 | | 600 | 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 | | | Face-up Breathing Position | (1)Check the height difference between shoulders. (2)Change the position of the extended hand. (3)Make your face parallel to the water surface. |
| Drill | | | Rotating Up and Down with Leading Arm | (1)Be aware of your axis. (2)Exhale through the nose. |
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D12010-Face-up Breathing Position



[Video Example](#)

[Video Description](#)

Overview

From Back Float, extend one hand in the water and form the angled body position.

Check Point

- Check the height difference between shoulders.
- Change the position of the extended hand.
- Make your face parallel to the water surface.

D12020-Rotating Up and Down with Leading Arm



[Video Example](#)

[Video Description](#)

Overview

From the angled body position with kicking, turn your body upward and breathe, then turn your face down.

Check Point

- Be aware of your axis.
- Exhale through the nose.