

Menu No.: 400MN-W1P1

| # | m/y | Sub | Type | Details |
|-------|-----|------------------------------------|---|---|
| 4 | 25 | 100 | Warm-up (Freestyle) | 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. |
| 6 | 50 | 300 | Drill Practice | On the way: Drill Return: Butterfly (It is OK to stand up on the way for drills) Recreate the sensations you get from the drills with butterfly. |
| Total | | 500 | | |
| Drill | | Dive | Feel your body being supported by the water. | |
| Drill | | Prone Dive | (1)Use your extended hand as support. (2)Take 2 seconds to rise to the water surface. | |
| Drill | | Underwater Stroke | (1)Keep moving your hand. (2)Leave your hands 30 cm away from the body. (3)Relax your shoulders and move your hands. | |
| Drill | | Recovery Rehearsal | (1)Move your hands close to the water surface. (2)Turn your palms down. (3)Make the movement above the water surface quick. | |
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D40010-Dive



[Video Example](#)

[Video Description](#)

Overview

With both hands up, jump and land parallel to the water surface.

Check Point

- Feel your body being supported by the water.

D40020-Prone Dive



[Video Example](#)

[Video Description](#)

Overview

Extend your hands forward in the water, push off the bottom of the pool and glide.

Check Point

- Use your extended hand as support.
- Take 2 seconds to rise to the water surface.

D40030-Underwater Stroke



[Video Example](#)

[Video Description](#)

Overview

Start with the prone dive, move your hands backward from the Y position as you float up.

Check Point

- Keep moving your hand.
- Leave your hands 30 cm away from the body.
- Relax your shoulders and move your hands.
- Move your hand as your body rises to the water surface.

D40040-Recovery Rehearsal



[Video Example](#)

[Video Description](#)

Overview

While you kick, move your hands backward just beneath the water surface, then move them forward just above the water surface.

Check Point

- Move your hands close to the water surface.
- Turn your palms down.
- Make the movement above the water surface quick.