

Menu No.: 130MN-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.
8	50	400	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		800	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			Prone Glide	(1)Extend the elbows and use the arms as support. (2)Stretch the armpits. (3)Shift your weight to your chest.
Drill			Flutter Kick with Prone Position	(1)Keep the leg position high and continue kicking with ease. (2)Keep your ankles relaxed. (3)When you extend the knee quickly, relax the whole leg.
Drill			Stroke Rehearsal with Both Hands	(1)Determine the position of the hands at the stroke point. (2)Move your forearm vertically to the water surface.
Drill			Stroke with Both Hands	(1)Move your hands after shifting your weight on the chest. (2)Memorize how to bend your elbow. (3)Decide the direction of the palm.

D14010-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.
- Stretch the armpits.
- Shift your weight to your chest.
- Point the top of the head forward.
- Maintain the position of the extended hands.
- Keep the feet together.

D14020-Flutter Kick with Prone Position



[Video Example](#)

[Video Description](#)

Overview

Start with Prone Glide, then alternate each leg and repeat flexing and extending your knees.

Check Point

- Keep the leg position high and continue kicking with ease.
- Keep your ankles relaxed.
- When you extend the knee quickly, relax the whole leg.

D14030-Stroke Rehearsal with Both Hands



[Video Example](#)

[Video Description](#)

Overview

While flutter kicking in prone position, move both of your hands to the stroke point, then move them behind.

Check Point

- Determine the position of the hands at the stroke point.
- Move your forearm vertically to the water surface.

D14040-Stroke with Both Hands



[Video Example](#)

[Video Description](#)

Overview

Start with Prone Glide, move both hands to the stroke point, then quickly move them behind.

1)

Check Point

- Move your hands after shifting your weight on the chest.
- Memorize how to bend your elbow.
- Decide the direction of the palm.