



A Guide for Bear River Racing

FREESTYLE

<i>Distance</i>	<i>Pattern</i>	<i>Pace</i>
25 yards	No Breath	Sprint
50 yards	Every 7 or Minimum	Sprint
100 yards	Every 3 for the 1 st 50 Every 5 for the 2 nd 50	Strong 1 st 25 Build 2 nd 25 Legs 3 rd 25 RACE 4 th 25
200 yards	Every 3 for the 1 st 150 Every 5 for the 4 th 50	Strong 1 st 50 Build 2 nd 50 Legs 3 rd 50 RACE 4 th 50
500 yards	Every 3	Descend 5 x 100's Strong-Build-Legs-Race-Race
Starts	Hands, knee, jump Power Kick and streamline Hold breath 2 hand hits (2 strokes)	
Turns	Accelerate last 4 strokes to the wall!!! Chin to chest, heels to hips, tight flip turn, plant your feet and jump to streamline Streamline and power kick off wall Hold breath 2 hand hits (2 strokes)	
Finishes	Accelerate flags to the wall on the finish Hold breath flags to the wall on finish Reach and touch the wall underwater with the eyes down	
100IM	Fly: Breathe 2 down - 1 up – accelerate last 4 strokes into turn Backstroke: 8 dolphins off wall – fast tempo accelerate last 4 strokes into turn Breaststroke: Apples, Peaches, Pumpkin Pie Pulldown- quick feet & stretch – accelerate into turn. Freestyle: Power kick – Sprint - drive with the hips and legs – breathe every 5 and then Hold breath flags to the wall on finish Good transitional turns – remember they are seen as finishes!	
200IM	Fly: Breathe 1 down, 1 up – Strong 25 & Sprint 25 Back: 8 dolphins – Strong 25 & Sprint 25 Breast: Good pulldowns – foot speed – lunge to walls Free: Drive with the hips and legs – breathe every 5. Strong 25 and Sprint 25 of each stroke Accelerate last 4 strokes into all turns Good transitional turns - long streamlines off all walls Stick to your breathing pattern and Hold breath flags to the wall on finish in freestyle	
400IM	Fly: Breathe 1 down, 1 up – Strong 50 & Fast 50 – use body Back: 8 dolphins - Focus on arm tempo – Strong 50 & Fast 50 Breast: Build foot speed – lunge into walls – Strong 50 & Fast 50 Free: Hips and Legs – Power Kick & 2 hand hits off all walls breathe every 3 the 1 st 50 and every the 5 th 50. Strong 50 and RACE 50 of each stroke! Accelerate into all walls – especially transition walls.	

BREASTSTROKE

<i>Distance</i>	<i>Breathing Pattern</i>	<i>Pace</i>
25 yards	Every stroke	Sprint
50 yards	Every stroke	Sprint
100 yards	Every stroke	Strong 1 st 25 Build 2 nd 25 Quick Feet 3 rd 25 RACE 4 th 25
200 yards	Every stroke	Strong 1 st 50 Build 2 nd 50 Quick Feet 3 rd 50 RACE 4 th 50
Starts	Hands, knee, jump A little deeper than freestyle Apples, peaches, pumpkin pie - pulldowns	
Turns	Accelerate last 4 strokes into wall Touch with 2 hands Ready position – Elbow the robber, Call the cops & Get the heck out of there☺ Apples, peaches, pumpkin pie - pulldowns	
Finishes	Accelerate last 4 stroke into the finish Stretch for the wall - do not take an extra stroke - Always touch with 2 hands under water	

BUTTERFLY

<i>Distance</i>	<i>Breathing Pattern</i>	<i>Pace</i>
25 yards	Hold breath	Sprint
50 yards	2 down - 1 up	Sprint
100 yards	1 down, 1 up	Strong 1 st 25 Build 2 nd 25 Pop Hips 3 rd 25 RACE 4 th 25
200 yards	1 down, 1 up	Strong 1 st 50 Build 2 nd 50 Pop Hips 3 rd 50 RACE 4 th 50
Starts	Hands, knee, jump A little deeper than freestyle Long streamline and 8 dolphin kicks hard to surface Hold breath the first stroke	
Turns	Accelerate last 4 strokes into wall Hold breath the last stroke and Touch with 2 hands Ready position – Elbow the robber, Call the cops & Get the heck out of there☺ Long streamline and 6 – 8 dolphin kicks hard to surface Hold breath the first stroke	
Finishes	Hold breath flags to the wall on the finish Accelerate last 4 strokes and charge the wall Stretch for the wall – no extra stroke - Touch wall underwater with two hands.	

BACKSTROKE

Distance	Breathing Pattern	Pace
25 yards	Hold breath – Yes – Hold breath	Sprint
50 yards	Every 3	Sprint
100 yards	Every 3	Strong 1 st 25 Build 2 nd 25 Hips & Legs 3 rd 25 RACE 4 th 25
200 yards	Every 3	Strong 1 st 50 Build 2 nd 50 Hips & Legs 3 rd 50 RACE 4 th 50
Starts	Hands on gutter Pull IN not up Explode hands around and JUMP hips up toward the block, feet out Long streamline 8-10 dolphin kicks then <u>Power Kick w/a backstroke kick!</u> Breakout stroke - 1 arm only	
Turns	Accelerate flags to the wall Know your stroke count from the flags – you get 1 freestyle stroke into your turn Chin to chest, heels to hips, tight flip turn Long streamline 8 - 10 dolphin kicks then <u>Power Kick w/a backstroke kick!</u> Breakout stroke - 1 arm only	
Finishes	Accelerate last 4 strokes on the finish Know your stroke count Last stroke-hand goes back and kick Always touch wall under water Hold breath flags to the wall - YES, even in backstroke!	

Remember that how you practice is how you will race. The key to fast swimming is being able to maintain technique when you are tired. You have to be mind over body, especially at the end of races and hard sets!

Speed comes from your hips and legs.