

5m, 10m, 15m, 20m, 25m, 50m, 100m, 200m, 400m, 600m, 800m, 1,000m, 1,500m, 1 mile, 2,000m, 3,000m, 4,000m and 5,000m.

Front Crawl

Body position: horizontal, streamlined, close to surface, in alignment.

Legs: in line with body, close to surface kick as necessary to ensure above.

Arms: entry under control, thumb and finger entry, between head and shoulder line, pull/push within body width, continuous action, close to body plane.

Breathing: to side, head in line, regular, confident, exhale in water.

Timing: rhythmic action, regular and consistent breathing pattern.

Backstroke

Body position: horizontal, close to surface, in alignment, head steady.

Legs: alternating kick, just breaking surface, holding alignment.

Arms: shoulder line entry with straight arm, pull/push as close to body as possible, release past hip, vertical recovery, no pause in action, regular.

Timing: continuity of arm action, rhythmic.

Breaststroke

Body position: stretched, streamlined position, head kept steady. Hips just below surface, toes pointed.

Legs: heels draw up toward seat, feet pointing out for kick. Kick accelerating round to straighten in one sweep.

Arms: from stretch, hands sweep out (never past shoulders). Hands and elbows sweep in at speed towards hips. Hands push forward to streamlined full stretch.

Breathing: to front, shoulders square. Normally every stroke lift head as arms press down.

Timing: pull and breathe. As arms extend forwards, legs drive backward. Pull, breathe, kick, and glide.

Butterfly

Body position: close to surface, undulating – initiated from the hips.

Legs: kick from hips. Drive feet down forcefully, toes pointed.

Arms: entry in front in line with shoulders. Hands scull out then under body. Release at or past hips. Recovery totally over water.

Breathing: to front or side. Head down before arms enter. Head up before hands release.

Timing: 1. Kick as hands enter. 2. Kick as hands push. Continuous action (no glide).

