

Total Immersion Tips for Efficient Freestyle Swimming

Hide Your Head

Lead with the top of your head, not your forehead
Feel water flowing over the back of your head much of the time
See the bottom directly under you, and not much that is forward of you

Swim Downhill

Lean on your Chest until your hips and legs feel light
Rhythmically press in one armpit, then the other
Feel completely supported by the water

Lengthen Your Body

Extend a weightless arm
Be able to float your arm forward for a l-o-n-g time
Reach for the far wall before stroking
Put your arm in the water as if sliding it into a sleeve
Keep extending your arm until you feel your shoulder touch your jaw or ear

Practice Your Switches

Make a hole with your fingertips and slip your whole arm cleanly through that hole
Feel "archer timing" in your stroke
Clear the water by the slightest margin on recovery
Have your hand out of the water for the shortest possible time on recovery

Anchor Your Hands

Make your hands stand still as you begin each stroke
Move your body past your hand, rather than pushing back
Never move your hand *back* faster than your body is moving *forward*
Swim faster with your *whole body* not your arms and legs

Skate and Rotate

Feel yourself slide effortlessly past a few a few lane markers before stroking
Breathe by rolling to where the air is
Drive the high hi down on every stroke
"Look" at each wall with your belly button in each stroke

Slippery Swimming

Pierce the water; slip through the smallest possible hole
Maintain a low profile, as if swimming under a very low ceiling

Silent Swimming

Drill or swim as silently as possible
When increasing your speed try not to make more noise