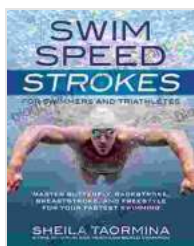


Master Freestyle Butterfly Breaststroke And Backstroke For Your Fastest Swim

Swimming is a great way to get in shape, and it's also a lot of fun. If you're looking to improve your swimming speed, mastering the four basic strokes is essential. Freestyle, butterfly, breaststroke, and backstroke are all important strokes to learn, and each one has its own unique benefits. In this article, we'll discuss the proper technique for each stroke, as well as some tips for improving your speed.

Freestyle

Freestyle is the most common swimming stroke, and it's also the fastest. The key to freestyle is to keep your body streamlined and your arms moving in a continuous motion.



Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) by James Koeper

★★★★☆ 4.6 out of 5

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Word Wise : Enabled
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To swim freestyle, start by lying face down in the water with your arms extended in front of you. Begin by taking a deep breath and then pulling your arms back through the water in a circular motion. As you pull your arms back, keep your elbows high and your hands close to your body. Once your arms have reached your hips, push them forward and out of the water.

As you're pulling your arms back, begin to kick your legs up and down in a flutter kick. Keep your legs straight and your toes pointed. The flutter kick will help to propel you through the water.

Once you've mastered the basic freestyle technique, you can start to work on improving your speed. Here are a few tips:

- * Keep your body streamlined. This means keeping your head down, your back straight, and your legs together.
- * Move your arms in a continuous motion. Don't pause between strokes.
- * Push off the wall with your feet. This will give you a boost of speed.
- * Kick your legs up and down in a flutter kick. The faster you kick, the faster you'll swim.

Butterfly

The butterfly stroke is a powerful and graceful stroke that is often used for short distances. The key to the butterfly stroke is to generate power from your core and to keep your body in a streamlined position.

To swim the butterfly stroke, start by lying face down in the water with your arms extended in front of you. Begin by taking a deep breath and then pulling your arms back through the water in a circular motion. As you pull your arms back, keep your elbows high and your hands close to your body.

Once your arms have reached your hips, push them forward and out of the water.

As you're pulling your arms back, begin to kick your legs up and down in a dolphin kick. The dolphin kick is a powerful kick that is performed by bringing your legs together and then kicking them apart. Keep your legs straight and your toes pointed.

Once you've mastered the basic butterfly technique, you can start to work on improving your speed. Here are a few tips:

* Keep your body streamlined. This means keeping your head down, your back straight, and your legs together. * Move your arms in a continuous motion. Don't pause between strokes. * Push off the wall with your feet. This will give you a boost of speed. * Kick your legs up and down in a dolphin kick. The faster you kick, the faster you'll swim.

Breaststroke

The breaststroke is a slow but efficient stroke that is often used for long distances. The key to the breaststroke is to generate power from your legs and to keep your body in a streamlined position.

To swim the breaststroke, start by lying face down in the water with your arms extended in front of you. Begin by taking a deep breath and then pulling your arms back through the water in a circular motion. As you pull your arms back, keep your elbows high and your hands close to your body. Once your arms have reached your chest, push them forward and out of the water.

As you're pulling your arms back, begin to bend your knees and bring your feet up to your buttocks. Once your feet have reached your buttocks, push them back and out of the water. Keep your legs straight and your toes pointed.

Once you've mastered the basic breaststroke technique, you can start to work on improving your speed. Here are a few tips:

- * Keep your body streamlined. This means keeping your head down, your back straight, and your legs together.
- * Move your arms in a continuous motion. Don't pause between strokes.
- * Push off the wall with your feet. This will give you a boost of speed.
- * Kick your legs up and down in a frog kick. The faster you kick, the faster you'll swim.

Backstroke

The backstroke is a relaxing and efficient stroke that is often used for long distances. The key to the backstroke is to keep your body streamlined and to move your arms in a continuous motion.

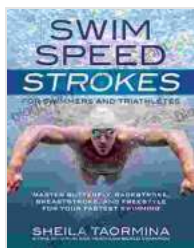
To swim the backstroke, start by lying on your back in the water with your arms extended overhead. Begin by taking a deep breath and then pulling your arms back through the water in a circular motion. As you pull your arms back, keep your elbows high and your hands close to your body. Once your arms have reached your hips, push them forward and out of the water.

As you're pulling your arms back, begin to kick your legs up and down in a flutter kick. Keep your legs straight and your toes pointed. The flutter kick will help to propel you through the water.

Once you've mastered the basic backstroke technique, you can start to work on improving your speed. Here are a few tips:

* Keep your body streamlined. This means keeping your head down, your back straight, and your legs together. * Move your arms in a continuous motion. Don't pause between strokes. * Push off the wall with your feet. This will give you a boost of speed. * Kick your legs up and down in a flutter kick. The faster you kick, the faster you'll swim.

Mastering the four basic swimming strokes is essential for improving your swimming speed and efficiency. Freestyle, butterfly, breaststroke, and backstroke are all important strokes to learn, and each one has its own unique benefits. By practicing the proper technique and following the tips in this article, you can improve your swimming speed and enjoy the water like never before.

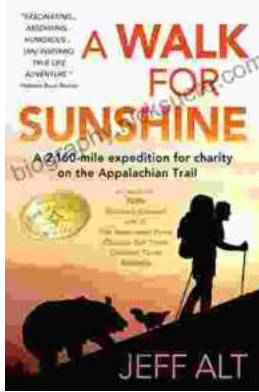


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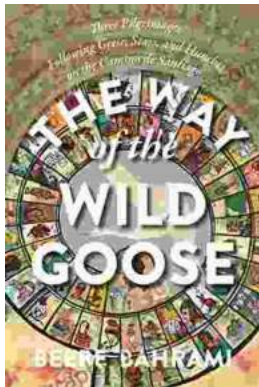
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