

Breaststroke

Timing and Glide Between Strokes

Level: Improver

Stroke: Breaststroke

Focus: Timing and Glide Between Strokes

Target Age: 7–10 years

Total Distance: 400–600m

Session Time: ~25 minutes

Difficulty Rating: Medium

Part of Set	Stroke	Drill	Explanation	Set & Reps	Distance & Time
Warm-Up	Breaststroke	Glide Focus on Noodles	Swimmers hold a noodle under their arms and focus on long, slow glides after pushing off. Count to 3 seconds before the next kick.	2x25m	50m 5mins
Main Set	Breaststroke	Two Kicks, One Pull	Perform two breaststroke kicks for every arm pull, focusing on a strong glide after each pull.	4x25m	100m 5mins
	Breaststroke	Pull-Pause-Glide Drill	Focus on the pull timing: Pull > pause > glide. Swimmers use the mantra “pull, breathe, glide” to maintain rhythm and timing.	4x25m	100m 5mins
	Breaststroke	Timed Glides	After each stroke cycle, count to 3 before the next pull. Swimmers aim for smooth, consistent motion.	4x25m	100m 5mins
	Breaststroke	Partner Feedback	Swimmers pair up and take turns observing each other to ensure they are gliding fully before starting the next stroke.	2x25m	50m 5mins
	Breaststroke	Glide Length Test	Focus on maximising glide. Swimmers push off and glide with a single kick and pull. Count how far they travel on each glide.	2x25m	50m 4mins
Specialist Set	Breaststroke	Streamline Glide Drill	Push off in streamline and glide before starting the stroke. Coaches encourage swimmers to feel the water and minimise resistance.	2x25m	50m 4mins
Cool Down	Breaststroke	Relaxed Breaststroke	Swimmers complete relaxed, slow strokes focusing on maintaining proper technique and enjoying the rhythm of their swim.	2x25m	50m 4mins

Breaststroke

Timing and Glide Between Strokes

Level: Stroke Development

Stroke: Breaststroke

Focus: Timing and Glide Between Strokes

Target Age: 8+ years

Total Distance: 800–1000m

Session Time: ~25 minutes

Difficulty Rating: Medium to Difficult

Part of Set	Stroke	Drill	Explanation	Set & Reps	Distance & Time
Warm-Up	Breaststroke	Kickboard Glides	Swimmers hold a kickboard and perform breaststroke kicks, focusing on smooth glides between each kick.	2x50m	100m 6mins
	Breaststroke	Progressive Stroke Drill	Start with 1 kick and pull per length, increasing to full breaststroke cycles as swimmers progress through the warm-up.	2x25m	50m 6mins
Main Set	Breaststroke	Perfect Timing Drill	Focus on the coordination of pull, breath, and glide. Swimmers repeat “pull, breathe, glide” as a rhythm guide.	2x50m	100m 6mins
	Breaststroke	Count Your Strokes	Swimmers count how many strokes they need to complete each length, aiming to reduce strokes by improving their glide.	2x50m	100m 6mins
Specialist Set	Breaststroke	Turns and Transitions	Swimmers practice breaststroke turns, focusing on timing and pushing off into a strong glide.	6x15m (Half Lengths)	as required
	Breaststroke	Glide Accuracy Test	Push off the wall and complete the stroke cycle with minimal resistance, focusing on maintaining streamline throughout the glide phase.	2x25m	50m 4mins
Cool Down	Breaststroke	Relaxed Lengths	Swim at a relaxed pace, focusing on enjoying the rhythm of the stroke and maintaining consistent breathing.	1x50m	50m 4mins



Breaststroke

Timing and Glide Between Strokes

Key Focus Points: Feedback and Corrections

1. **Body Position:** Ensure swimmers keep their body flat and aligned during the glide. Avoid over-bobbing or sinking.
2. **Leg Kick:** Emphasise wide, powerful kicks with feet flexed outward for propulsion.
3. **Arms:** Focus on sweeping outward, pulling back in, and pressing hands forward smoothly.
4. **Breathing:** Encourage consistent timing with “pull, breathe, glide” to reduce interruptions.
5. **Timing:** Highlight the importance of pausing during the glide phase to feel the water and maximise efficiency.
6. **Transitions:** Ensure smooth transitions from push-offs and turns into the glide phase.
7. **Streamlining:** Remind swimmers to hold streamline positions before starting the stroke cycle.
8. **Observation:** Use drills like partner feedback to help swimmers self-correct and learn from peers.
9. **Consistency:** Repetition is key; practice drills multiple times for muscle memory.
10. **Encouragement:** Celebrate progress, even small improvements, to boost confidence.