



FAST TURNS FOR FAST SWIMMING



Introductory comments

Good turns can enable an average swimmer to win

Turns are for attacking – not resting

Turns require workout discipline - push-off properly ALL the time, solid underwater swimming off ALL walls.

“It’s not learned when you know it. It’s learned when you cannot do it incorrectly.”



Concepts Common To All Turns:

Core Strength

Tight somersault – “Ball”

Quick Feet

Foot depth on wall controls push-off angle/depth

Streamlining



Before we learn to turn...

We need to learn to:

Push off the wall properly

Streamline

Breakout



Push-offs

Critical but not often “practiced”

Not “natural”

“Sink, touch, push”

“Under, set, streamline”

“Knees up, toes up, head up”

“Ready,..., streamline”



Pushoff “Ready Position”



Courtesy GoSwim with Steve Haufler

<http://www.goswim.tv/#>



Pushoff “Ready Position”



Video Courtesy of Guy Edson



“Sink>Touch” or “Under>Set”



Video Courtesy Guy Edson



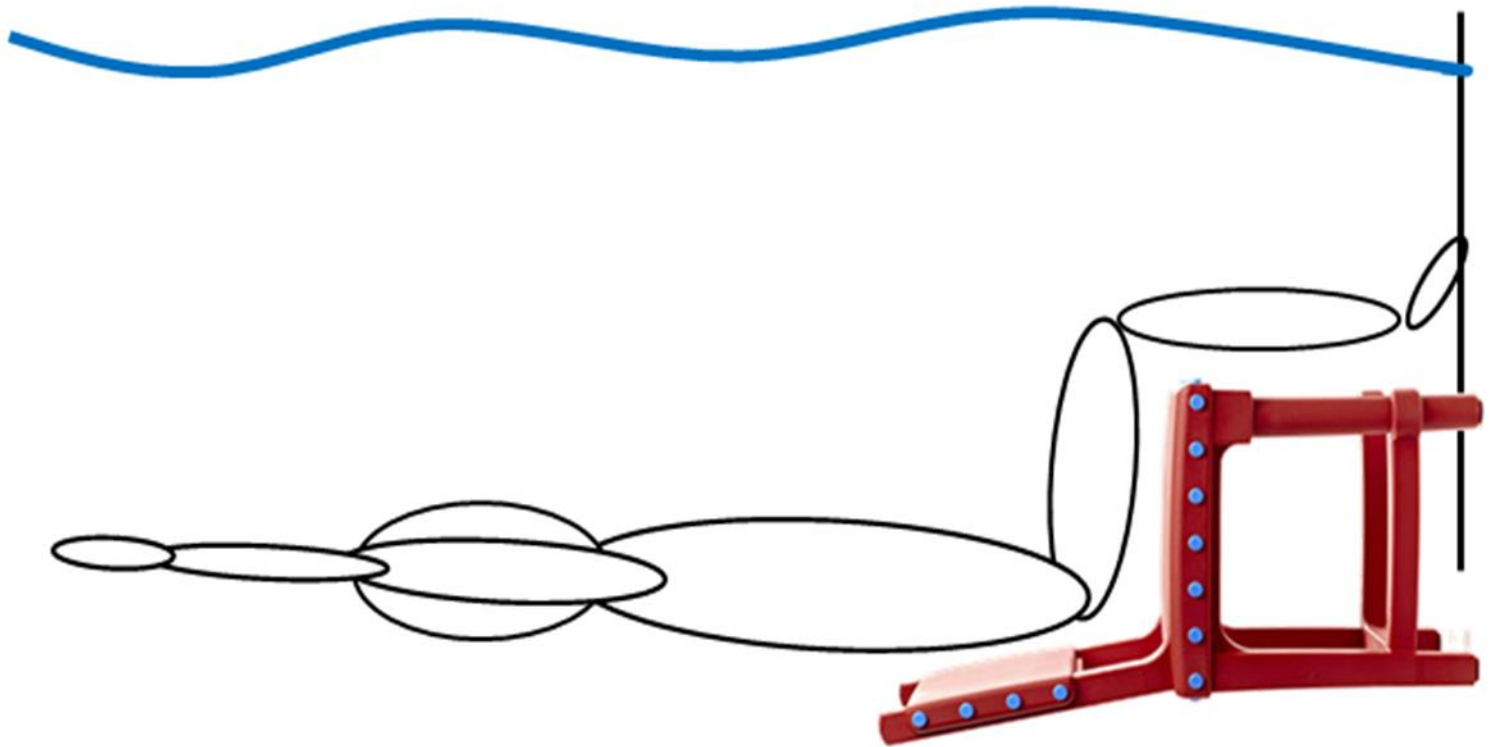
“Sink>Touch>Push” or “Under>Set>Streamline”



Video Courtesy Guy Edson



The Push-off “Chair Position”



The Push-off “Chair” Position



Photo by D. Madison in Fitness Swimmer May/June 2000



Freestyle Push-off Position



Streamlining

Not 'natural' – requires balance & control

Lengthen entire body vs. stretching from the ends

Narrow to move through the water fastest

Strong vs. tight (tense)



Shadow Streamlining



LONG AXIS TURNS

FREE & BACK FLIP TURNS



The Approach

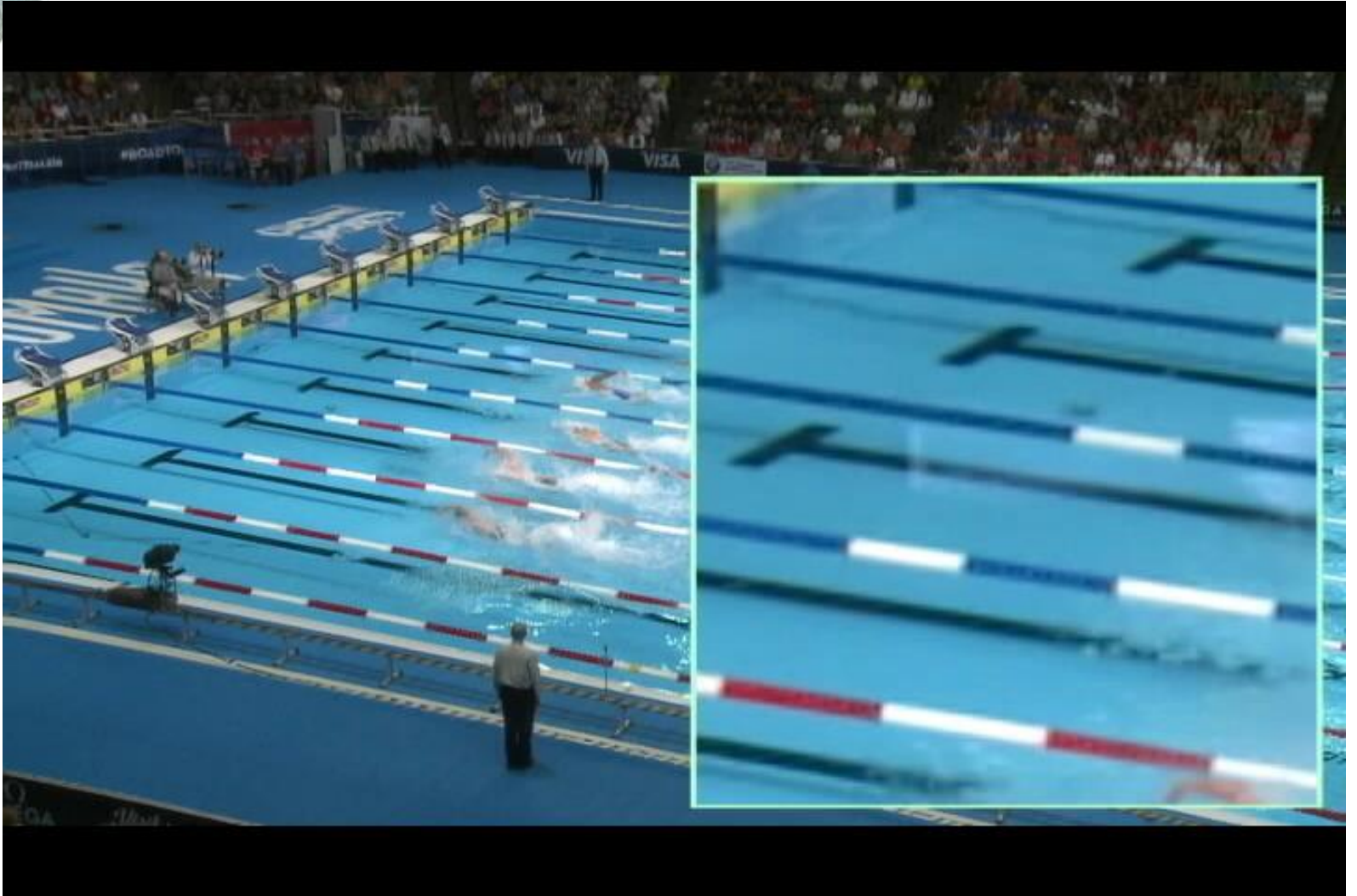
MAINTAIN SPEED & TEMPO as you approach the wall!

End strokes with hands at side. Finish one hand down at hips, then second hand down. Palms down.

SUBMERGE EARLY, splitting the water over your back and front

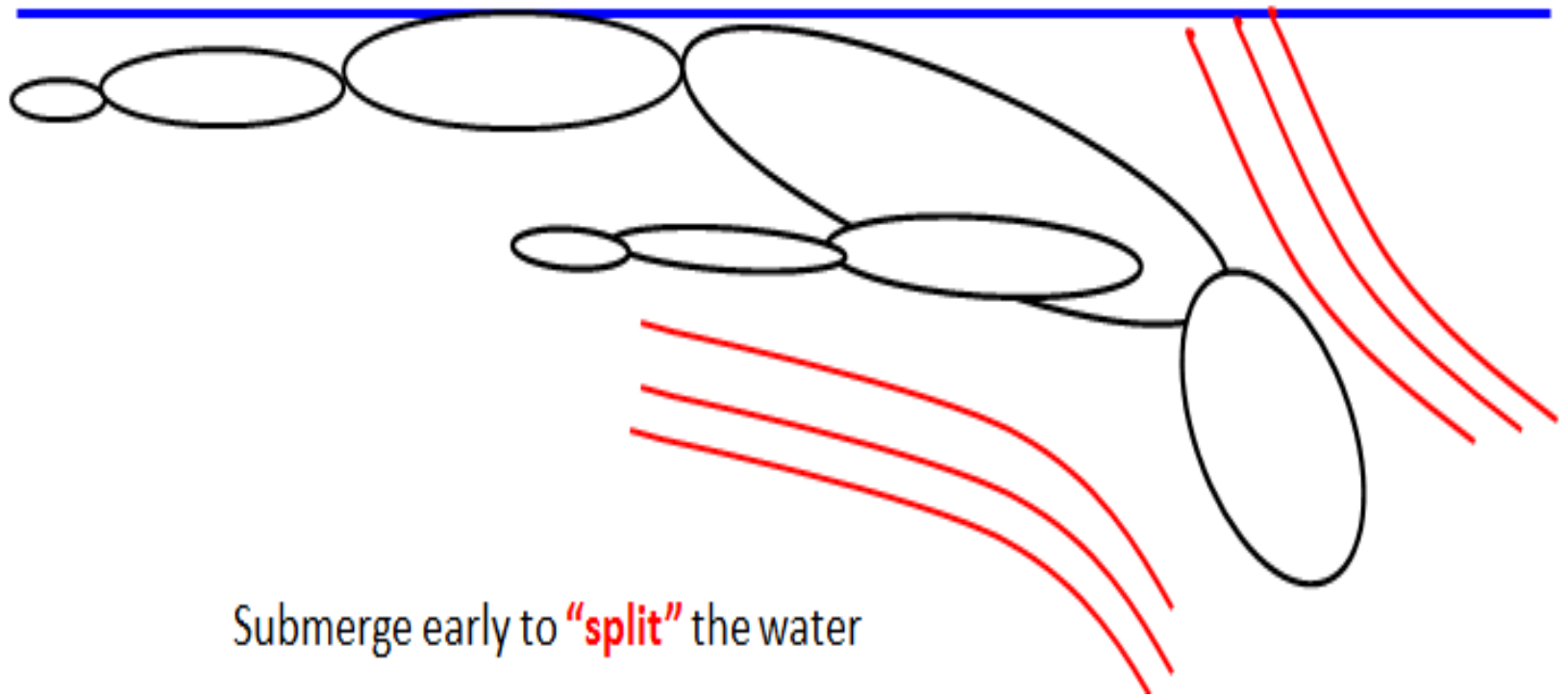


Oops



Submerge Early

splitting the water over your back
and front



Submerge Early

Step #2: Head-Lead Submersion at Mid Pool



Courtesy GoSwim with Steve Haufler

<http://www.goswim.tv/#>



Submerge Early

Step #2: Head-Lead Submersion at Mid Pool



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EXECUTE THE TUMBLE

A quick tuck into a ball

Somersault straight over

The head comes to the hands - Hands are ready, and pointing toward other end

Press the accelerator

Land with feet on the wall in the chair position

The pushoff is a $\frac{1}{4}$ turn jump to side



Straight over the top

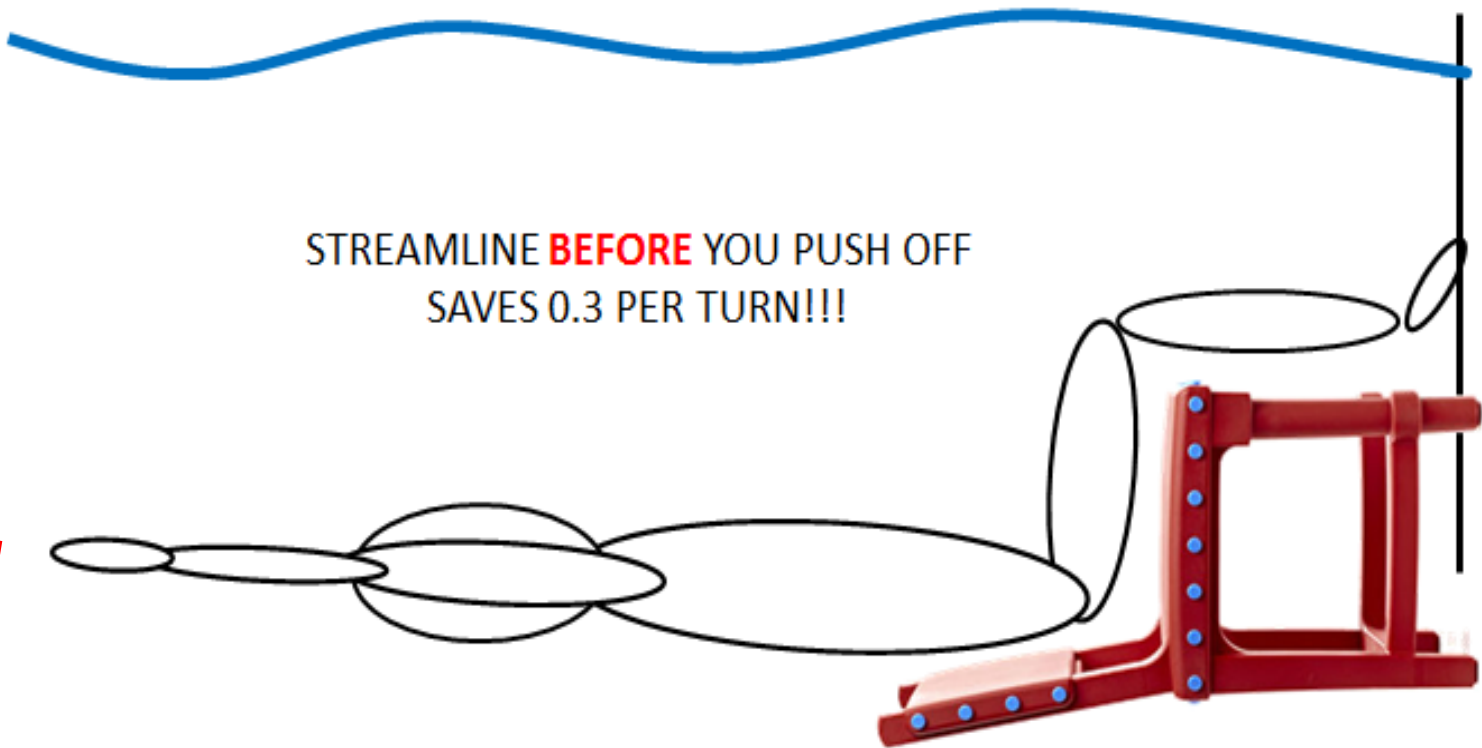


“Feet Quickness”



Land with feet on the wall in the chair position

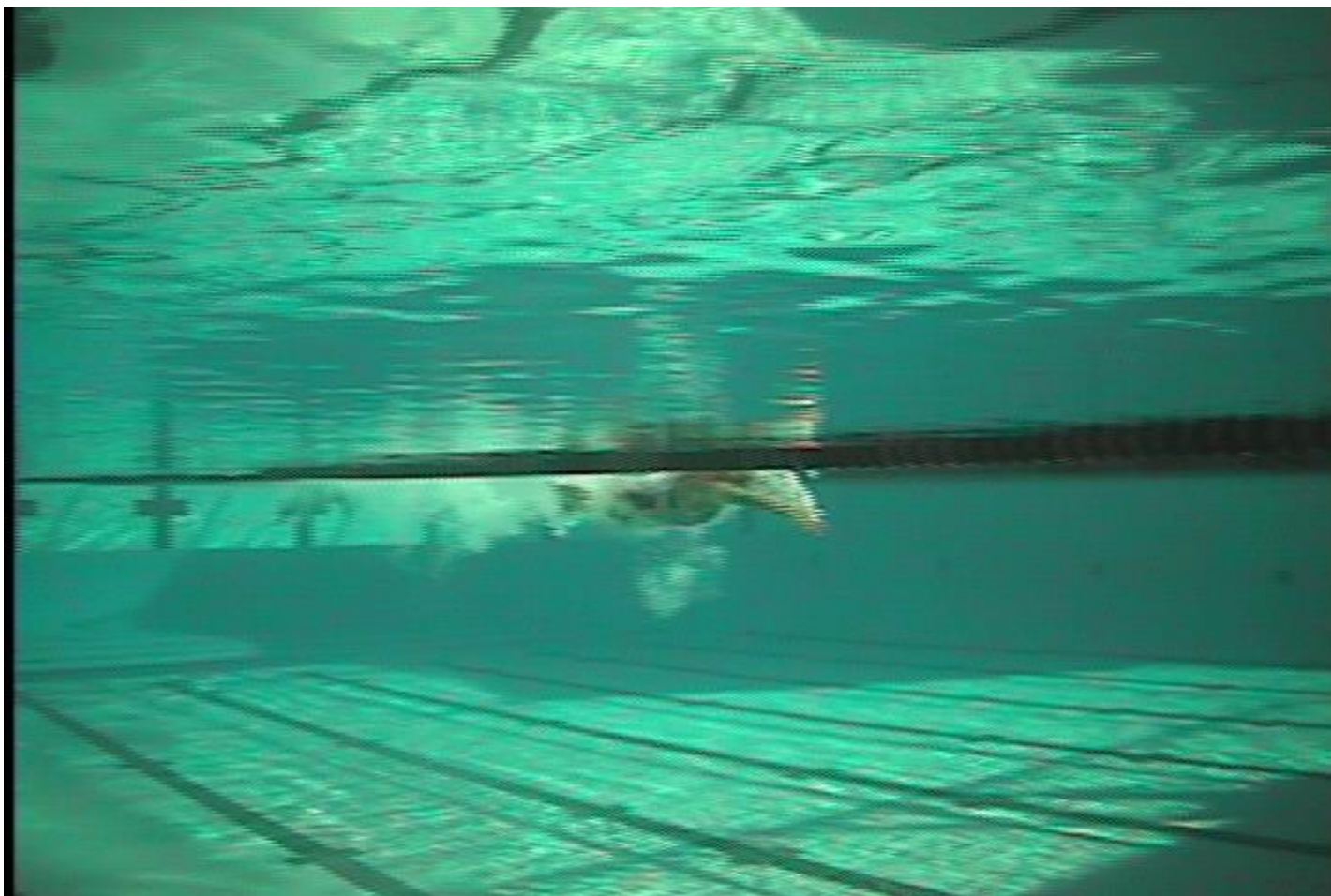
STREAMLINE **BEFORE** YOU PUSH OFF
SAVES 0.3 PER TURN!!!



Freestyle Turn – Ian Thorpe



Freestyle Turn



Freestyle Turns



Freestyle Turns – Olympics



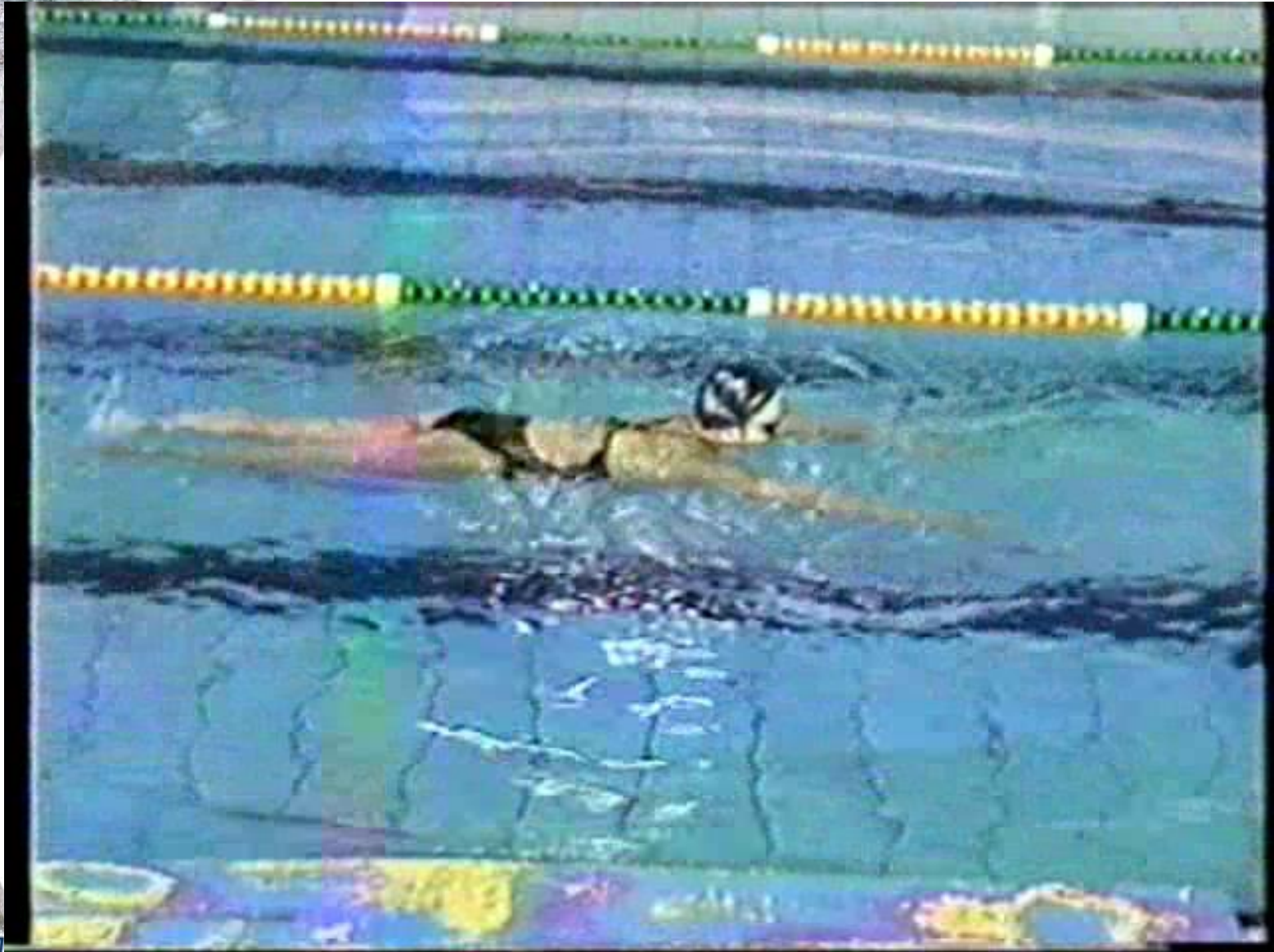
Standing Jump Drill



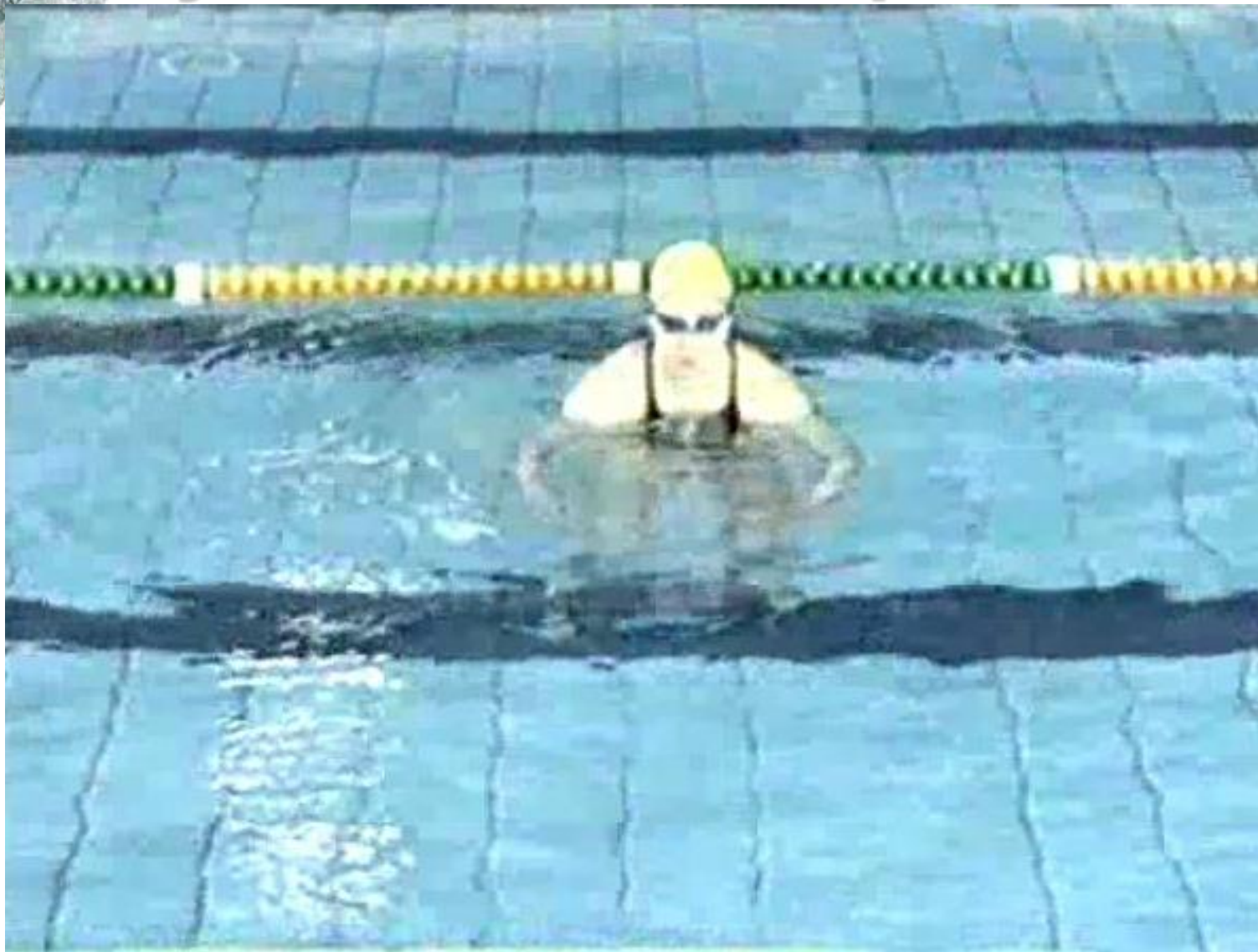
Freestyle Turns – Tuck Turns



Freestyle Turns – Mid Pool Turn



Freestyle Turns – Jump Turn Drill



Freestyle Breakouts

Pull with “DEEP” arm? “SHALLOW” arm

Rotate all the way to the other side

Keep head in line

Hold breath on first ____ strokes

Breakout for speed not air – exhale through the breakout



Back Turns

The “turn” (somersault) is the same as freestyle

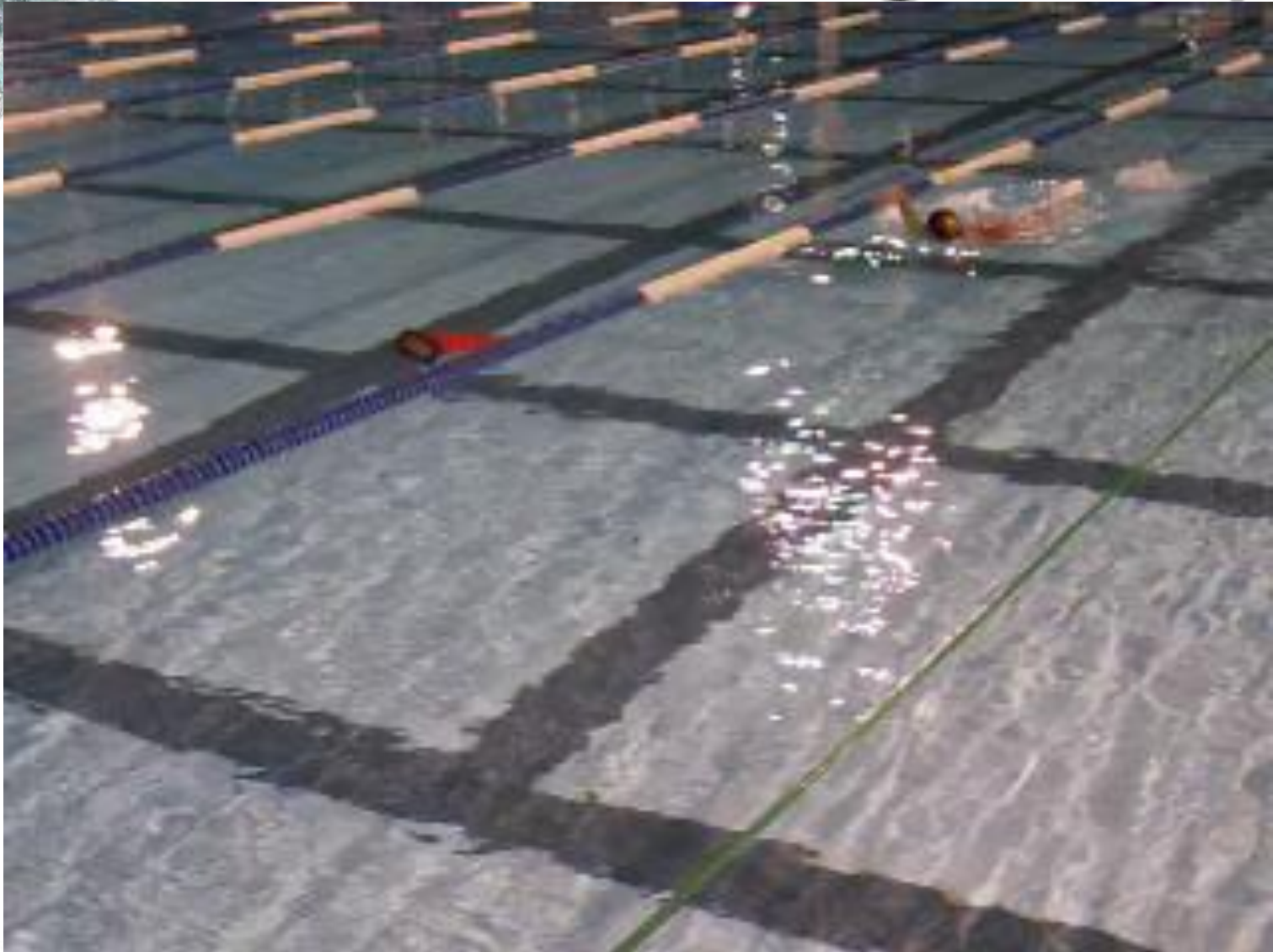
Get all you can from the approach – 2 freestyle strokes

Stroke counts at various speeds

Strong vs. tight (tense)



Back Turn – Age Group



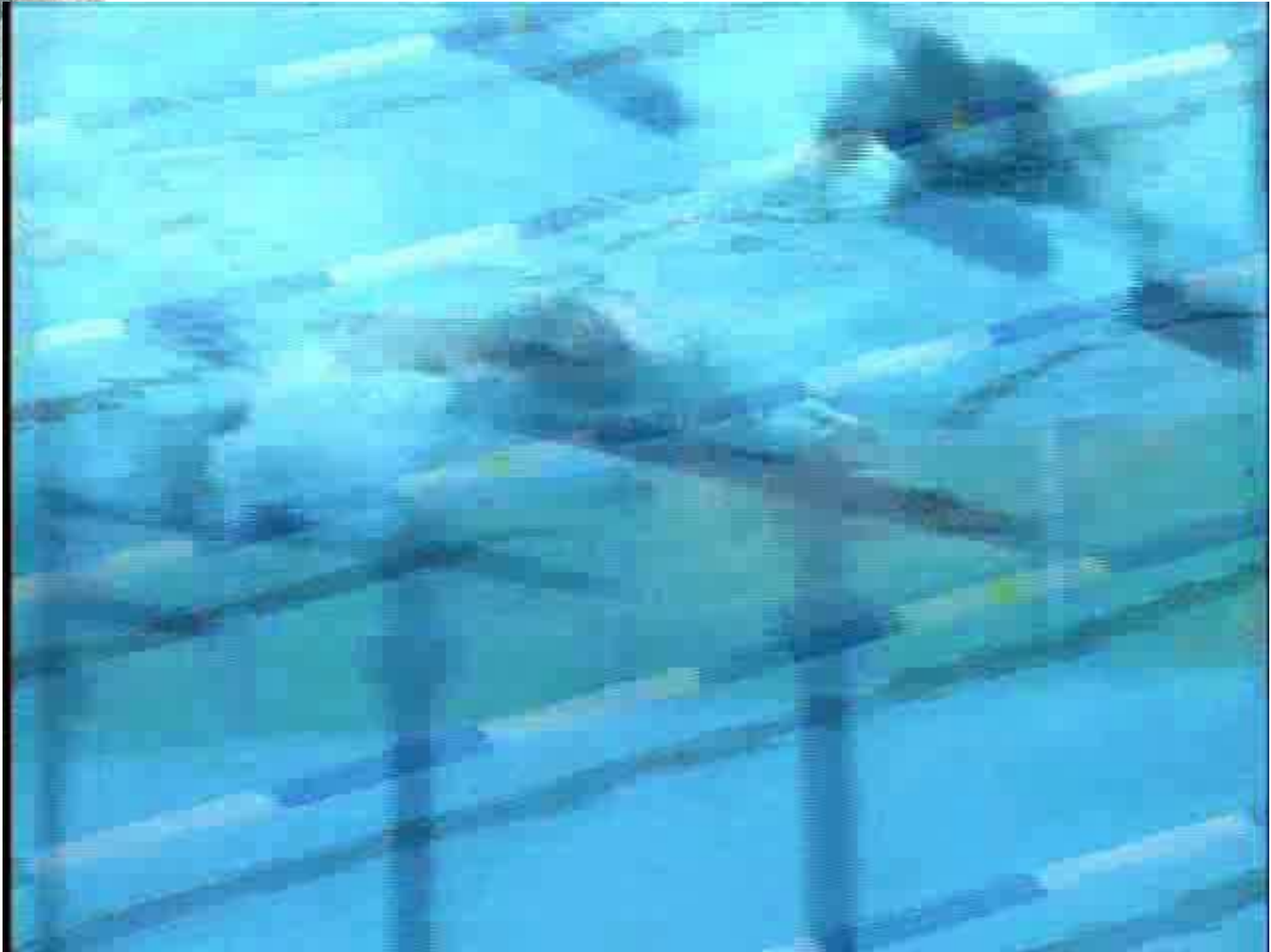
Backstroke Turns – Jeff Rouse



DVD clip courtesy Glenn Mills at GoSwim



Backstroke Turns – Lochte/Piersol



Backstroke Turns



Natalie Coughlin-Olympics



Backstroke Breakouts

Roll to side before first pull

Pull with “DEEP” arm? “SHALLOW” arm

Keep head in line

Breakout with recovery arm not lead arm

Breakout for speed not air – exhale through the breakout



SHORT AXIS TURNS

BREASTSTROKE & BUTTERFLY TURNS

Begin with a backward somersault



Midpool Turns – back rotation



Midpool Turns



Rotation to Side



Butterfly to Rotation



Breast and Fly Turns

Manage the approach – the wall is right in front of you

Hit wall at full extension

Tuck chin and roll back with your mouth below water level

Knees to nose - Legs go **STRAIGHT UNDER**



Breast and Fly Turns

“One arm under, one arm over” or “Elbow your brother, call your mother”

Hip check the surface

Foot on foot in the chair position

Push-off is a $\frac{1}{4}$ turn jump



Breast Turn – Underwater



Notice similarity in pushoff position with the freestyle turn.



“Elbow Your Brother, Call Your Mother”



Midpool Turns – “No Wall”



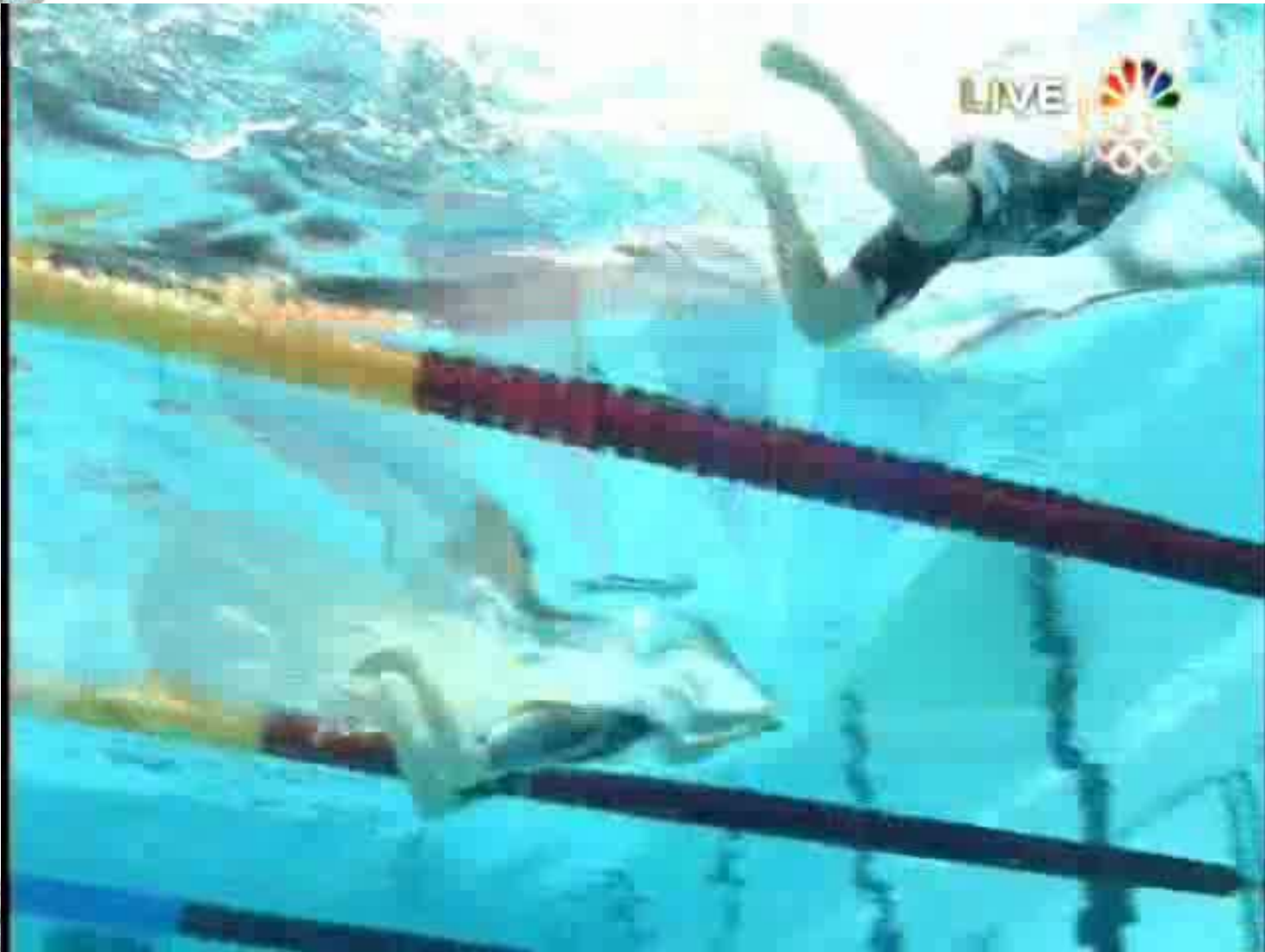
Breast Turns – Above Water



Breaststroke Turns – '04 Olympics



Rebecca Soni, '08 Olympics 200 BR



Soni

Jones



Butterfly Turns – Olympics' 00



Fly Turns



Fly Turn - Ripple



Pullouts

The line is the most important thing

Put kick where the line stays the best

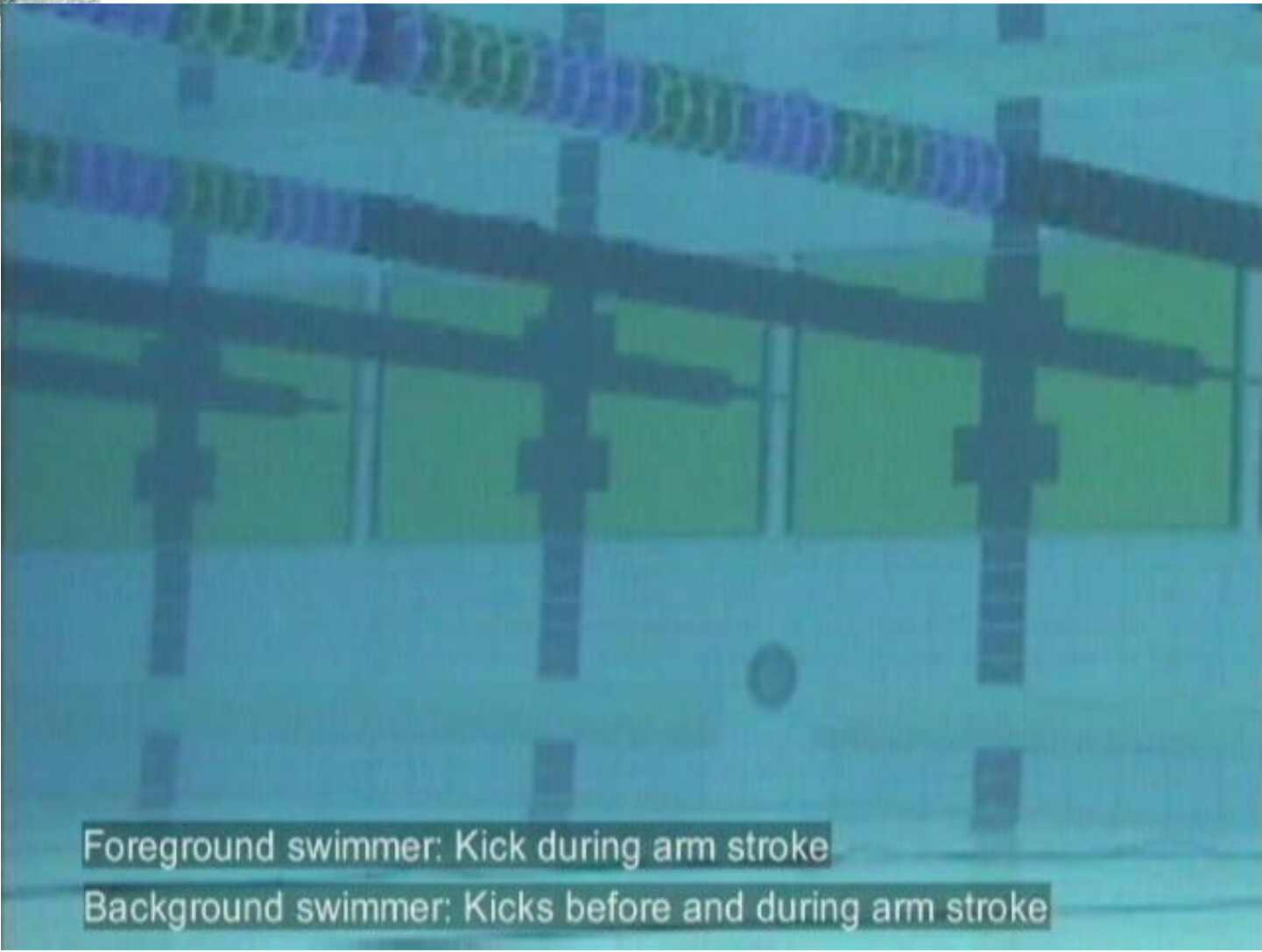
Smaller kick from the knees works best

Timing: “3 – 2 – 1”

Dolphin, ride, pulldown, ride, Breast
kick to the surface



Do!





Too late

Too early (better than late)

Best (very slightly early)



Pullouts



Pullouts



IM Stroke Exchanges

FLY > BACK (Similar to Fly>Fly)

BACK > BREAST (“Whole different animal”)

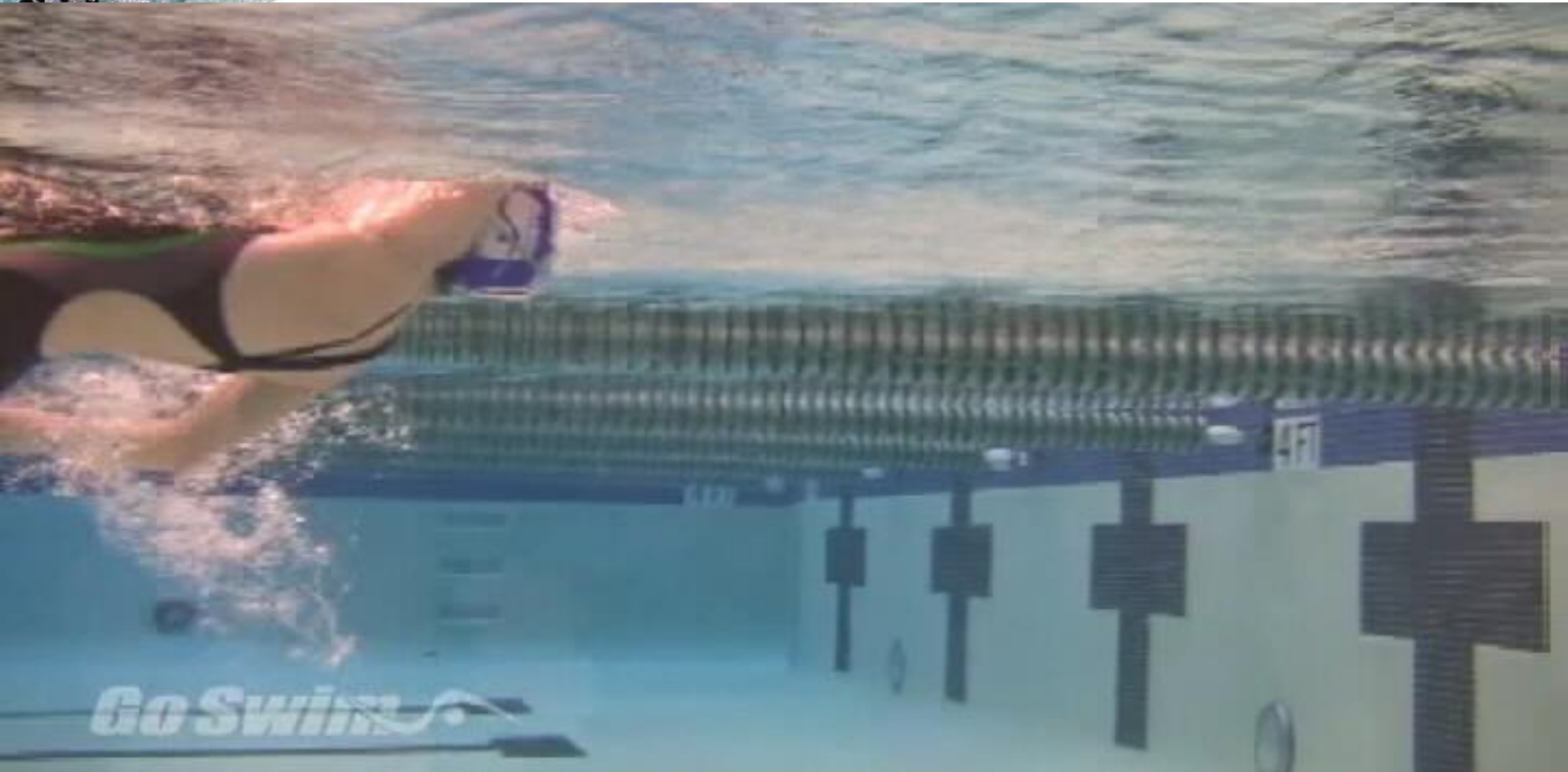
BREAST > FREE (Similar to Fly>Fly)



IM Turns – Back to Breast



Back>Breast: Flip Turn



Courtesy GoSwim with Steve Haufler
<http://www.goswim.tv/#>



Back>Breast: Spin (Bucket)



GoSwim

Courtesy GoSwim with Steve Haufler

<http://www.goswim.tv/#>



Back>Breast: Crossover Turn



Courtesy GoSwim with Steve Haufler

<http://www.goswim.tv/#>



BK>BR – Sandino Crossover Turn



RACING HINTS

Attack all turns as a means to get ahead

Try for a very good turn (“A”), not a miraculous turn that you are incapable of (110%)

If you push off downward, your feet were too high on the wall, because you swam too close!

The JUMP sets up the underwater

