

Triathlon Freestyle Simplified: Swim Stronger, Better, Faster



Triathlon Freestyle Simplified: Swim Stronger, Better, Faster by Conrad Goeringer

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Swimming is one of the most challenging disciplines in triathlon. It requires a unique combination of strength, endurance, and technique. Of the three swimming strokes, freestyle is the most commonly used in triathlon because it is the most efficient and fastest. However, mastering the triathlon freestyle can be a challenge, especially for beginners.

This guide will break down the triathlon freestyle into its key components and provide you with the drills and techniques you need to swim stronger, better, and faster. By following the advice in this guide, you can improve your swim performance and shave valuable time off your triathlon.

The Key Components of the Triathlon Freestyle

The triathlon freestyle consists of six key components:

1. Body position
2. Arm stroke
3. Leg kick
4. Breathing
5. Timing
6. Endurance

Each of these components is essential for efficient freestyle swimming. By focusing on improving each component, you can gradually improve your overall swim performance.

Body Position

The correct body position is essential for efficient freestyle swimming. Your body should be streamlined and your head should be in line with your spine. Your shoulders should be relaxed and your arms should be extended in front of you. Your legs should be slightly bent at the knees and your feet should be pointed.

To improve your body position, try the following drills:

- **Front float:** Float on your stomach with your arms extended in front of you and your legs extended behind you. Focus on keeping your body streamlined and your head in line with your spine.
- **Back float:** Float on your back with your arms extended overhead and your legs extended behind you. Focus on keeping your body relaxed and your head in line with your spine.

- **Streamline drill:** Push off from the wall and glide through the water with your arms extended in front of you and your legs extended behind you. Focus on keeping your body streamlined and your head in line with your spine.

Arm Stroke

The arm stroke is the most important component of the freestyle. It is what propels you through the water. The arm stroke consists of three phases: the catch, the pull, and the recovery.

****The catch**** is the point at which your hand enters the water. Your hand should enter the water at a 45-degree angle to your body. Your thumb should be pointed down and your fingers should be spread apart.

****The pull**** is the phase of the stroke in which you pull yourself through the water. Your arm should be slightly bent at the elbow and your hand should be cupped. You should pull your arm back towards your body, keeping your elbow high.

****The recovery**** is the phase of the stroke in which you bring your arm back to the starting position. Your arm should be slightly bent at the elbow and your hand should be relaxed. You should bring your arm forward through the air, keeping your elbow high.

To improve your arm stroke, try the following drills:

- **Catch drill:** Stand in the water and practice entering the water with your hand at a 45-degree angle. Focus on keeping your thumb pointed down and your fingers spread apart.

- **Pull drill:** Stand in the water and practice pulling yourself through the water with your arm slightly bent at the elbow and your hand cupped. Focus on keeping your elbow high.
- **Recovery drill:** Stand in the water and practice bringing your arm back to the starting position. Focus on keeping your arm slightly bent at the elbow and your hand relaxed.

Leg Kick

The leg kick is used to balance your body and propel you through the water. The leg kick consists of two phases: the upkick and the downkick.

****The upkick**** is the phase of the kick in which you bring your leg up towards the surface of the water. Your knee should be slightly bent and your foot should be pointed.

****The downkick**** is the phase of the kick in which you kick your leg down through the water. Your knee should be straight and your foot should be pointed. You should kick your leg down towards the bottom of the pool.

To improve your leg kick, try the following drills:

- **Flutter kick:** Kick your legs up and down in a continuous motion. Focus on keeping your legs straight and your feet pointed.
- **Dolphin kick:** Kick your legs up and down in a dolphin-like motion. Focus on keeping your legs together and your feet pointed.
- **Sculling kick:** Scull your hands back and forth to propel yourself through the water. Focus on keeping your legs straight and your feet pointed.

Breathing

Breathing is an essential part of swimming. You need to be able to breathe easily and efficiently in order to swim long distances. There are two main breathing techniques used in freestyle swimming: bilateral breathing and unilateral breathing.

****Bilateral breathing**** is the technique of breathing on both sides of your body. To breathe bilaterally, turn your head to the side and take a breath

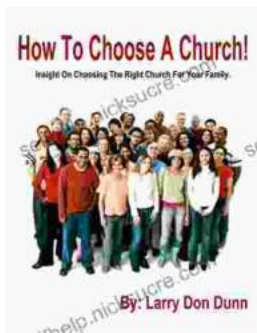


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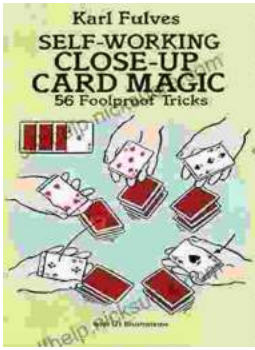
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