



MILITARY PREPARATION.

**MILITARY PROGRAM 03:
SWIMMING PRACTICE.**

discipline | commitment | determination



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ABOUT

Welcome to our 6-week swimming program, designed to help you prepare for the a swimming selecton in an application process. Our program focuses on four key areas of swimming: freestyle, breaststroke, backstroke, and breathing. We'll also cover the importance of streamlining in the water and how to optimise your technique for maximum efficiency. One should feel free to change styles and the focus of the program on what will be required for your specific application process. For example a dedicated focus on sidestroke swimming in case this will be a big factor in an open water test.

Throughout the program, you'll learn proper swimming form and technique, as well as how to build endurance and speed in the water. We've designed the program to gradually increase in intensity and difficulty over the course of the 6 weeks, so you can build strength and stamina at a sustainable pace.

Whether you're new to swimming or looking to improve your technique, our program will help you become a stronger, more confident swimmer. With our expert guidance and your dedication, you'll be one step closer to achieving your goal of joining elite.



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FREESTYLE.

Freestyle swimming, also known as front crawl, is the most commonly used stroke in competitive swimming, triathlons, and open water swimming. It is a fast and efficient stroke that can cover long distances in a short amount of time.

The freestyle stroke involves several key components: arm movement, breathing, kicking, and body position. The arms work in an alternating fashion, pulling the body forward through the water. The pull phase involves reaching the arm forward, pulling it down and back, and then recovering it back to the front. The recovery phase involves bringing the arm out of the water and back to the front, ready for the next pull.

Breathing is a crucial component of any swimming stroke. Swimmers typically breathe every two to four strokes, taking a quick breath to the side before returning their head to the water. Proper breathing technique involves exhaling slowly and steadily through the nose and mouth underwater, and then inhaling quickly and deeply when the head turns to the side. Having a set amount of strokes before you breath can also be a good way to control your heartrate in the water.

Kicking is also important in the freestyle stroke, providing propulsion and helping to maintain a streamlined body position. The kick should come from the hips, with the legs moving in a flutter kick motion.

Body position is critical to maintaining a smooth, efficient freestyle stroke. The body should be horizontal in the water, with the head facing down and the arms extended forward. A streamlined body position reduces drag and allows the swimmer to move more quickly through the water.



UNDER WATER SWIMMING.

To efficiently move through the water while underwater, streamlining your body position is crucial. Ensure your head, arms, and legs are all aligned with your spine, and keep your arms close to your body. A single, powerful stroke with your arms can propel you forward, while your legs maintain a horizontal body position and aid in the distance you are trying to create.

Underwater swimming requires proper breathing techniques to help maximise your oxygen supply. Before starting your swim, take a few deep breaths to fill your lungs with air. Exhale two-thirds of this air before submerging your head to help control your heart rate and stay underwater for a longer time.

During your underwater swim, avoid any sudden movements that can increase your oxygen consumption. Instead, use slow and steady movements to move forward, trying techniques such as the breaststroke or dolphin kick. These techniques are common for underwater swimming and can help you move efficiently through the water.



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BREASTSTROKE

Breaststroke is one of the four main swimming strokes and is known for its unique arm and leg movements. This stroke is often considered the most technical of the four strokes due to its specific technique and timing requirements. Here is an overview of the technique for breaststroke swimming.

ARM MOVEMENTS.

- . Start by keeping your arms in front of your head, palms facing down, and your elbows tucked in close to your body.
- . Pull your arms down and out to the sides, while simultaneously extending your legs backwards.
- . Once your arms are fully extended to the sides, bring them together in front of your chest.
- . Complete the arm movement by bringing your arms back to the starting position in front of your head.

LEG MOVEMENTS.

- . Begin with your legs extended straight behind you.
- . Bend your knees and bring your heels towards your buttocks.
- . Quickly kick your legs out to the sides, with your feet flexed.
- . As your legs reach the widest point of the kick, straighten them and bring your heels back towards your buttocks.
- . Complete the leg movement by returning your legs to the starting position, ready for the next kick.



BREATHING.

- . Inhale just before you start the arm movement.
- . Hold your breath as you pull your arms out and kick your legs to the sides.
- . Exhale forcefully as you bring your arms together in front of your chest and your head rises out of the water.
- . Take a quick breath before starting the next arm movement.

BODY POSITION.

- . Keep your head and neck in a neutral position, looking straight ahead.
- . Keep your hips and legs close to the surface of the water, with your knees and feet close together.
- . Keep your upper body and arms as close to the water surface as possible, in order to minimise drag.

Breaststroke is a slower stroke compared to freestyle or backstroke, but it is very efficient and can be used for long distances.



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BACKSTROKE.

Backstroke is swum on the back, with the body facing upwards. Its unique arm and leg movements.

The backstroke technique begins with the swimmer lying on their back with their arms extended straight above their head. The legs are straight and together, and the toes are pointed outward. From this position, the swimmer begins a flutter kick with the legs, moving them up and down alternately to propel themselves through the water.

ARM MOVEMENTS.

- . Begin with arms extended straight above the head
- . Pull one arm down towards the hip, keeping it straight and close to the body
- . Other arm begins a circular motion outwards and backwards, entering the water pinky-first
- . Rotate shoulder to bring arm out of the water and back to the starting position above the head
- . Other arm completes its circular motion and moves forward to begin the pull phase

LEG MOVEMENTS.

- . Bring the heels towards the buttocks and then kick outwards, with the feet flexed
- . As the legs reach the widest point of the kick, they are straightened and brought back towards the buttocks before returning to the starting position

* The frog kick can be used in combination with the flutter kick to increase propulsion and speed.



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BREATHING.

- . Exhale through nose and mouth while face is submerged in the water
- . Inhale quickly as head turns to the side to breathe

BODY POSITION.

- . Lie on back with body facing upwards
- . Keep head aligned with spine
- . Keep hips high in the water
- . Maintain a flat body position to streamline

Overall, backstroke is a great stroke for building upper body strength and improving overall swimming technique. It is also an excellent way to work on breathing and body control while swimming on the back.



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BREATHING.

Breathing is an essential part of swimming as it allows for proper oxygenation of the body and facilitates efficient movement through the water. Whether you're doing freestyle, backstroke, breaststroke, or underwater swimming, understanding proper breathing technique is crucial for improving your performance and overall enjoyment of the activity.

In freestyle, or front crawl, breathing occurs during the arm recovery phase. As one arm is recovering out of the water, the head turns to the side and inhales through the mouth. Exhaling through the nose and mouth then occurs as the head is turned back down into the water during the arm pull phase. It's important to maintain a smooth and consistent rhythm while breathing in freestyle to avoid disrupting your stroke and losing momentum.

For backstroke, breathing occurs when the arms are at the side of the body during the underwater pull phase. The head is tilted back slightly, and the swimmer inhales through the mouth while taking advantage of the natural buoyancy of the body. Exhaling through the nose and mouth is done when the arms return to the starting position above the head.

In breaststroke, breathing is coordinated with the arm and leg movements. As the arms complete the pull phase and begin to recover, the head is lifted up and the swimmer inhales through the mouth. Exhaling through the nose and mouth occurs as the arms extend forward and the body is propelled forward by the powerful leg kick.



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In underwater swimming, the ability to hold one's breath for an extended period of time is crucial. It's important to practise proper breathing techniques and to gradually increase your underwater distance over time in order to build up your lung capacity and comfort level.

Overall, proper breathing technique is essential for efficient and effective swimming. Practising breathing drills during training sessions can help improve lung capacity, endurance, and overall performance in the water.



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STREAMLINING.

When it comes to swimming, proper body positioning and streamlining can greatly impact your speed and efficiency in the water. Streamlining refers to the technique of positioning your body in the water to reduce drag and resistance, allowing you to move faster and with less effort.

One of the main benefits of streamlining is that it helps you conserve energy by reducing the amount of drag you create while swimming. This means that you can maintain your speed for longer distances without becoming fatigued as quickly. Additionally, streamlined positioning can improve your overall technique, making it easier to maintain proper form and avoid unnecessary movements that can slow you down.

To achieve proper streamlining, it's important to focus on maintaining a straight line from your head to your toes as you swim. This involves tucking in your chin and keeping your body aligned and as close to the surface of the water as possible. Additionally, you can work on improving your kick technique, as a strong and consistent kick can help propel you through the water while also improving your body positioning.

Overall, incorporating proper streamlining techniques into your swimming practice can help you become a faster and more efficient swimmer. By reducing drag and conserving energy, you can improve your endurance and overall performance in the water. Believe me, once you get into the water and have a professional swimmer next to you reaching the other side of the pool in only 6 strokes.. It'll motivate you to take a serious look at proper swimming technique, making sure you're streamlining and breathing correctly.



DISCLAIMER.

Before you begin any fitness or exercise program, it is important to consult with a qualified healthcare professional. This is particularly important if you have a history of medical problems, including but not limited to heart disease, high blood pressure, diabetes, or obesity.

The training plans provided by Mission Movement are intended for individuals who are interested in joining the military and military special forces. The plans are designed to provide guidance and support to help you achieve your fitness goals. However, it is important to understand that no program can guarantee results or prevent injury.

By using Mission Movement training plans, you acknowledge and assume full responsibility for any and all risks, injuries, or damages that may arise from participating in the program. This includes any physical or mental health risks associated with engaging in exercise or fitness activities.

You understand that Mission Movement is not a licensed healthcare provider and cannot provide medical advice or treatment. Any information or advice provided by Mission Movement is intended for educational purposes only and should not be used as a substitute for medical advice from a qualified healthcare professional.

By using Mission Movement training plans, you agree to release, indemnify, and hold harmless Mission Movement and its owners, employees, and agents from any and all liability, claims, damages, or expenses (including attorney's fees) arising from your participation in the program.

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Week 1

Session 1

200m warm-up (freestyle)

4 x 50m freestyle sprints (with 20 seconds rest between each)

4 x 25m underwater swim (with 60 seconds rest between each)

200m freestyle cool-down

Session 2

200m warm-up (breaststroke)

4 x 50m breaststroke sprints (with 20 seconds rest between each)

4 x 25m underwater swim (with 60 seconds rest between each)

200m breaststroke cool-down

Week 2

Session 1

200m warm-up (backstroke)

4 x 50m backstroke sprints (with 20 seconds rest between each)

4 x 25m underwater swim (with 50 seconds rest between each)

200m backstroke cool-down

Session 2

200m warm-up (freestyle)

4 x 75m freestyle sprints (with 30 seconds rest between each)

4 x 25m underwater swim (with 50 seconds rest between each)

200m freestyle cool-down

Week 3

Session 1

200m warm-up (breaststroke)

4 x 75m breaststroke sprints (with 30 seconds rest between each)

4 x 25m underwater swim (with 40 seconds rest between each)

200m breaststroke cool-down

Session 2

200m warm-up (backstroke)

4 x 75m backstroke sprints (with 30 seconds rest between each)

4 x 25m underwater swim (with 40 seconds rest between each)

200m backstroke cool-down



Week 4

Session 1

200m warm-up (freestyle)

8 x 50m freestyle sprints (with 20 seconds rest between each)

4 x 25m underwater swim (with 30 seconds rest between each)

200m freestyle cool-down

Session 2

200m warm-up (breaststroke)

8 x 50m breaststroke sprints (with 20 seconds rest between each)

4 x 25m underwater swim (with 30 seconds rest between each)

200m breaststroke cool-down

Week 5

Session 1

200m warm-up (backstroke)

8 x 50m backstroke sprints (with 20 seconds rest between each)

4 x 25m underwater swim (with 20 seconds rest between each)

200m backstroke cool-down

Session 2

200m warm-up (freestyle)

6 x 100m freestyle sprints (with 30 seconds rest between each)

4 x 25m underwater swim (with 20 seconds rest between each)

200m freestyle cool-down

Week 6

Session 1

200m warm-up (breaststroke)

6 x 100m breaststroke sprints (with 30 seconds rest between each)

4 x 25m underwater swim (with 20 seconds rest between each)

200m breaststroke cool-down

Session 2

200m warm-up (backstroke)

6 x 100m backstroke sprints (with 30 seconds rest between each)

4 x 25m underwater swim (with 20 seconds rest between each)

200m backstroke cool-down



SWIMMING PROGRAM.

WARM-UP SWIM.

Take this seriously, your body is going through a lot of physical activity during your program. Prioritise your warm-up swim. It helps prepare your body for physical activity and allows you to get a feel for the technique before the actual session. Take this time to focus and get in the right mindset.

SPRINTS.

When performing sprints, prioritise maintaining perfect form alongside speed. Proper technique can reduce effort and oxygen usage, preparing you for more challenging swimming tasks in the future.

UNDERWATER SWIM.

Underwater swimming can greatly improve lung capacity, breath control, and overall swimming ability. By getting used to underwater swimming you will be a lot more confident in military selection tests to come up.

Before starting an underwater swim, it's important to take a few deep breaths to oxygenate your body and prepare yourself for the dive. You can also practise holding your breath for gradually longer periods of time to build up your lung capacity and endurance. Additionally, some swimmers find it helpful to use relaxation techniques to calm their mind and body before attempting an underwater swim. Remember to always prioritise safety and never push yourself beyond your limits.



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COOL-DOWN.

A cool-down swim after a hard swimming session is a crucial part of any high-volume training program. It helps your body to recover by slowly decreasing your heart rate, relaxing your muscles, and removing lactic acid buildup. This can greatly reduce muscle soreness and the risk of injury. Additionally, a cool-down swim can help to improve your technique and body position, allowing you to focus on your stroke and work on any weaknesses. So make sure to take the time for a proper cool-down swim after each session to ensure you are recovering properly and getting the most out of your training program.



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