

Swim Skills Squad Training Target For All Swimmers

RED ZONE

From the Wall
for 5m to the
Backstroke
Flags

Within the Red Zones at both ends of the pool –
You must swim underwater after every Start and Turn,
on every length in Training and Competition.

Your aim should be to Push Off from the Wall - Streamline –
Kick – Breakout Past the Backstroke Flag markers by using
your legs only and not using your Arms by maintaining a
Streamlined Position with your hands together until
your feet have crossed the flags.

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