

# RACING FUNDAMENTALS: FREESTYLE

- Streamline off your start
- Minimum of 4 strokes before a breath off your start
- As you swim alternate your breathing
- Streamline off your turn
- Minimum of 2 strokes before a breath off your turns
- No breath from the Flags into the Wall on your FINISH
- On your last stroke make sure you are stretched and rotating to the side for a long fast reach as you touch

