

Part 2: Common mistakes to avoid



Swimming with your head too high

Swimming with your head too high will cause your hips and legs to drop therefore making it impossible to achieve that all important streamlined body position. Worse still, a high head position is often accompanied by a need to kick too aggressively in order to try and regain that optimal body position.

Save energy and avoid excess fatigue by maintaining a streamlined body position with a good head position. Your head will be in the perfect position if the water line is just above the top of your goggles and you're looking forwards and downwards through the water at an angle of around 45 degrees.



Shallow arm recovery

A shallow arm recovery is often a result of poor mobility and reduced flexibility in the shoulder, but it can also be caused by a bad quality or ill-fitting, tight wetsuit.

To avoid this common error make sure you practice high-elbow drills in the pool and make a conscious effort to focus on high elbow recovery while you're swimming in open water environments.



Kicking too much

Swimmers who are panicked or nervous often tend to kick much more than they need to. They might feel that they need to kick hard to stay afloat or to swim faster - this is not the case.

Remember that most of your forward propulsion will come from your arms and not your legs and most importantly your wetsuit will give you much more buoyancy in the water. As a result you don't need to kick as much as you might ordinarily do in the pool.

To really understand just how much extra buoyancy is afforded by wearing a wetsuit, try floating on your back with your arms and legs apart in a star shape. You'll be shocked by how effortlessly you can float this way. Kick less and save energy for your arm pulls!