

Swimming

PARIS 2024

La Défense Arena

Event ☐ Medal ☒



IMPORTANCE OF SYMMETRY

Symmetry equals speed for elite swimmers in all strokes

Symmetry of stroke

Left and right arms follow same path in mirror image



Smooth, even rotation of body

Balance to maintain good body line through water

Straight arm

Reaches further in front for longer stroke and greater efficiency



Abdominal

Hips

Straight line head to foot

Reduced drag allows swimmer to engage abdominal muscles and allow hips to power stroke



MARATHON SWIMMING

Bilateral breathing and even rotation essential for pace and avoiding discomfort over 10km distance

Ana Marcela Cunha (BRA)
Olympic Champion

Maintains 31-32 cycles per minute for optimum efficiency

Opposing arms

Arms like hands of a clock on opposite sides

