

BRASSE

- Rikke Pedersen : [Learn To Swim Breaststroke Correct | With Rikke Møller - World Record Holder](#)
- Leon Marchand : [JO PARIS 2024 - MO-NU-MEN-TAL ! LE DOUBLÉ LÉGENDAIRE DE LÉON MARCHAND SUR 200M BRASSE](#)

PAPILLON

- Jeanette Ottensen : [Learn To Swim Butterfly Technique Correct And Fast | With Jeanette Ottesen - World-champion](#)
- Stéphanie Rice : [How to improve your Butterfly | Tips, Drills & Technique with Olympic Champion Stephanie Rice.](#)
- Summer McIntosh : [Summer McIntosh wins 200m butterfly final for her 3rd gold medal at the World Aquatics Championships](#)
- Leon Marchand : [JO PARIS 2024 - LE ROI LÉON MARCHAND CHAMPION OLYMPIQUE DU 200M PAPILLON AVEC RECORD OLYMPIQUE !](#)
- Gretchen Walsh : [Women's 100m Butterfly Final 🏊‍♀️ | Paris Champions](#)

LIBRE

- Summer Mcintosh : [Toronto's Summer McIntosh wins 400m freestyle gold at World Aquatics Championships in Singapore!](#)
- [26FABVID03 Fabric BTS OLV JC FR v1](#)
- Sarah Sostrom : [Women's 100m freestyle Final 🏊‍♀️ | Paris Champions](#)
- Mollie O'calaghan : [OLYMPIC RECORD FOR MOLLIE! | Women's 200m Freestyle | #Paris2024 Highlights](#)

DOS

- Kaylee Mckeown : [KAYLEE DOES IT AGAIN au | Women's 100m Backstroke | #Paris2024 Highlights](#)
- Kalee Mckeown : [Australian Swimming Trials - Night 4 Highlights | Wide World of Sports](#)


QNI

- Summer McIntosh : [Summer McIntosh wins world championship 200m IM gold, fellow Canadian takes bronze! #worldaquatics](#)

VIRAGE DOS-BRASSE en QNI

- [EASIEST WAY TO DO A CROSSOVER TURN!!](#)
- Chloé Sutton: [How to do the Backstroke to Breaststroke \(Crossover\) Turn with Olympian Chloe Sutton](#)

KICK PAPILLON SOUS L'EAU

- Chloé Sutton : [How to Improve Your Underwater Dolphin Kicking with Olympian Chloe Sutton](#)
- Caeleb Dressel : [How to Swim Underwater | The Dolphin Kick Blueprint](#) 
- Marcus Schlesinger : [Underwater Dolphin Kick Technique with Olympic Swimmer Marcus Schlesinger - YouTube](#)

DÉPART AU DOS

- [Backstroke Start: From Beginner to Pro - YouTube](#)

COULÉE À LA BRASSE

- [Breaststroke pullout tutorial. Swimming faster breast](#)

DÉPART

- Stéphanie Rice : [How to improve your Swimming Dive | Expert tips from Olympic Champion Stephanie Rice](#)
- Caeleb Dressel : [Perfect Swimming Starts | Swim Faster with Caeleb Dressel](#)