

KENDAL TRI CLUB

SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 1

WARM UP

200m relaxed any stroke

MAIN SET

2 x 100m with a float and fins 1 minutes rest

Kick with your face in the water ONLY pull when you want to take a breath.

Try to keep you nose in the water when you breath, if you lift you head your feet will drop.

2 x 100m catch up with a float 1 minutes rest

Your leading hand should be held at 2" below the surface of the water, especially when taking a breath

2 x 100m with float 1 minutes rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 100m with float 1 minute rest

Blowout through your mouth and nose then take a breath in through your mouth only

2 x 100m with float 1 minute rest

Keep your head low in the water to prevent your feet from dropping

Repeat this set, but without a float

SWIM DOWN

200m relaxed any stroke

KENDAL TRI CLUB

SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 2

WARM UP

200m relaxed any stroke

MAIN SET

3 x 100m with a float and fins 1 minutes rest

Kick with your face in the water ONLY pull when you want to take a breath.

Try to keep you nose in the water when you breath, if you lift you head your feet will drop.

2 x 100m catch up with a float 1 minutes rest

Your leading hand should be held at 2" below the surface of the water, especially when taking a breath

2 x 100m with float 1 minutes rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 100m with float 1 minute rest

Blowout through your mouth and nose then take a breath in through your mouth only

2 x 100m with float 1 minute rest

Keep your head low in the water to prevent your feet from dropping

Repeat this set, but without a float

SWIM DOWN

200m relaxed any stroke

KENDAL TRI CLUB

SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 3

WARM UP

300m relaxed any stroke

MAIN SET

4 x 100m with a float and fins 1 minutes rest

Kick with your face in the water ONLY pull when you want to take a breath.

Try to keep you nose in the water when you breath, if you lift you head your feet will drop.

2 x 100m catch up with a float (tube) 1 minutes rest

Your leading hand should be held at 2" below the surface of the water, especially when taking a breath

2 x 100m with float (tube) 1 minutes rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 100m with float (tube)1 minute rest

Blowout through your mouth and nose then take a breath in through your mouth only

2 x 100m with float (tube) 1 minute rest

Keep your head low in the water to prevent your feet from dropping

Repeat this set, but without a float (tube)

SWIM DOWN

300m relaxed any stroke

KENDAL TRI CLUB

SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 4

WARM UP

300m relaxed any stroke

MAIN SET

4 x 100m with a float and fins 30 seconds rest rest

Kick with your face in the water ONLY pull when you want to take a breath.

Try to keep you nose in the water when you breath, if you lift you head your feet will drop.

2 x 150m catch up with a float (tube) 1 minutes rest

Your leading hand should be held at 2" below the surface of the water, especially when taking a breath

2 x 150m with float (tube) 1 minutes rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 150m with float (tube)1 minute rest

Blowout through your mouth and nose then take a breath in through your mouth only

2 x 150m with float (tube) 1 minute rest

Keep your head low in the water to prevent your feet from dropping

Repeat this set, but without a float (tube)

SWIM DOWN

300m relaxed any stroke

KENDAL TRI CLUB

SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 5

WARM UP

400 relaxed any stroke

MAIN SET

5 x 100m with a tube and fins 30 seconds rest

Kick with your face in the water ONLY pull when you want to take a breath.

Try to keep you nose in the water when you breath, if you lift you head your feet will drop.

2 x 200m catch up without a tube 30 seconds rest

Your leading hand should be held at 2" below the surface of the water, especially when taking a breath

2 x 200m with tube 30 seconds rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 200m with tube 30 seconds rest

Bilateral breath (every 3 or 5 strokes)

2 x 200m with tube 30 seconds rest

Keep your head low in the water to prevent your feet from dropping

Repeat this set, but without a tube

SWIM DOWN

400m relaxed any stroke

KENDAL TRI CLUB

SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 6

WARM UP

400 relaxed any stroke

MAIN SET

5 x 100m with a tube and fins 30 seconds rest

Kick with your face in the water ONLY pull when you want to take a breath.

Try to keep you nose in the water when you breath, if you lift you head your feet will drop.

Keep your hands 2 inches below the surface of the water all the time, especially when breathing

2 x 200m catch up without a tube 30 seconds rest

Your leading hand should be held at 2" below the surface of the water, especially when taking a breath

2 x 200m with tube 30 seconds rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 200m with tube 30 seconds rest

Bilateral breath (every 3 or 5 strokes)

2 x 200m with tube 30 seconds rest

Keep your head low in the water to prevent your feet from dropping

Repeat this set, but without a tube

SWIM DOWN

400m relaxed any stroke

