

KENDAL TRI CLUB

SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 LANE1

Trickle breathing is usually used when your swimming slow and steady.

Explosive breathing is used when you are swimming fast and racing

WARM UP

200m relaxed any stroke

Standing. Practise blowing out underwater through your mouth, nose or both, breath in through your mouth only. Try to do 5 breaths exactly the same

MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly. Usually used when you're swimming long distance steady
Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in. If you're going really fast you may just blow out hard then take a breath in no holding your breath at all

5 x 50m with float, catch up trickle breathing 1 minute rest

Take a breath when looking back, when head is back in the water blow out slowly until you have released 90% of your air then take another breath

5 x 50m with float catch up explosive breathing one minute rest

Take a breath when looking back when the head is back in the water blow out hard and fast releasing 90% of your air and take another breath

Repeat, both these sets without a float

Swim full stroke

3 x 100m swim full stroke with 1 minute rest

Building each length. Start each length slow and end by going fast
Your breathing should alter as you get more tired. From trickle to explosive.

SWIM DOWN

200m steady any stroke

KENDAL TRI CLUB

SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 LANE 2

Trickle breathing is usually used when your swimming slow and steady.

Explosive breathing is used when you are swimming fast and racing

WARM UP

200m relaxed any stroke

Standing. Practise blowing out underwater through your mouth, nose or both, breath in through your mouth only. Try to do 5 breaths exactly the same

MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly. Usually used when you're swimming long distance steady
Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in. If you're going really fast you may just blow out hard then take a breath in no holding your breath at all

5 x 50m with float, catch up trickle breathing 1 minute rest

Take a breath when looking back, when head is back in the water blow out slowly until you have released 90% of your air then take another breath

5 x 50m with float catch up explosive breathing one minute rest

Take a breath when looking back when the head is back in the water blow out hard and fast releasing 90% of your air and take another breath

Repeat, both these sets without a float

Swim full stroke

3 x 100m swim full stroke with 1 minute rest

Building each length. Start each length slow and end by going fast
Your breathing should alter as you get more tired. From trickle to explosive.

SWIM DOWN

200m steady any stroke

KENDAL TRI CLUB

SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 LANE 3

Trickle breathing is usually used when your swimming slow and steady.

Explosive breathing is used when you are swimming fast and racing

WARM UP

300m relaxed any stroke

MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly. Usually used when you're swimming long distance steady
Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in. If you're going really fast you may just blow out hard then take a breath in no holding your breath at all

5 x 100m with float, catch up trickle breathing 1 minute rest

Take a breath when looking back, when head is back in the water blow out slowly until you have released 90% of your air then take another breath

5 x 100m with float catch up explosive breathing one minute rest

Take a breath when looking back when the head is back in the water blow out hard and fast releasing 90% of your air and take another breath

Repeat, both these sets without a float

Swim full stroke

4 x 100m swim full stroke with 1 minute rest

Building each length. Start each length slow and end by going fast
Your breathing should alter as you get more tired. From trickle to explosive.

SWIM DOWN

300m steady any stroke

KENDAL TRI CLUB

SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 LANE 4

Trickle breathing is usually used when your swimming slow and steady.

Explosive breathing is used when you are swimming fast and racing

WARM UP

300m relaxed any stroke

MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly. Usually used when you're swimming long distance steady
Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in. If you're going really fast you may just blow out hard then take a breath in no holding your breath at all

5 x 100m with float or tube catch up trickle breathing 30 seconds rest

Take a breath when looking back, when head is back in the water blow out slowly until you have released 90% of your air then take another breath

5 x 100m with float or tube catch up explosive breathing 30 seconds rest

Take a breath when looking back when the head is back in the water blow out hard and fast releasing 90% of your air and take another breath

Repeat, both these sets without a float or tube

Swim full stroke

3 x 150m swim full stroke with 1 minute rest

Building each length. Start each length slow and end by going fast
Your breathing should alter as you get more tired. From trickle to explosive.

SWIM DOWN

300m steady any stroke

KENDAL TRI CLUB

SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 LANE 5

Trickle breathing is usually used when your swimming slow and steady.

Explosive breathing is used when you are swimming fast and racing

WARM UP

400m relaxed any stroke

MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly. Usually used when you're swimming long distance steady
Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in. If you're going really fast you may just blow out hard then take a breath in no holding your breath at all

6 x 100m with tube catch up trickle breathing 30 seconds rest

Take a breath when looking back, when head is back in the water blow out slowly until you have released 90% of your air then take another breath

6 x 100m with tube catch up explosive breathing 30 seconds rest

Take a breath when looking back when the head is back in the water blow out hard and fast releasing 90% of your air and take another breath

Repeat, both these sets without a tube

Swim full stroke

3 x 200m swim full stroke with 1 minute rest

Building each length. Start each length slow and end by going fast

Your breathing should alter as you get more tired. From trickle to explosive.

SWIM DOWN

400m steady any stroke

KENDAL TRI CLUB

SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 LANE 6

Trickle breathing is usually used when your swimming slow and steady.

Explosive breathing is used when you are swimming fast and racing

WARM UP

400m relaxed any stroke

MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly. Usually used when you're swimming long distance steady
Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in. If you're going really fast you may just blow out hard then take a breath in no holding your breath at all

6 x 100m with tube catch up trickle breathing 30 seconds rest

Take a breath when looking back, when head is back in the water blow out slowly until you have released 90% of your air then take another breath

6 x 100m with tube catch up explosive breathing 30 seconds rest

Take a breath when looking back when the head is back in the water blow out hard and fast releasing 90% of your air and take another breath

Repeat, both these sets without a tube

Swim full stroke

4 x 200m swim full stroke with 1 minute rest

Building each length. Start each length slow and end by going fast

Your breathing should alter as you get more tired. From trickle to explosive.

SWIM DOWN

400m steady any stroke

