

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL LANE 1

WARM UP

200m **relaxed** swim Count how many strokes it takes you to do per length (remember)

MAIN SET

Before you start to swim stand at the side of the pool, hold onto the bar and try and do five consecutive breaths exactly the same timing.

Explain blowing out through nose, nose and mouth breathe in through mouth only

4 x 200m 1 minutes rest

1st 200m With a float (catch up) and fins

Concentrating on blowing out underwater

2nd 200m with float and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water as it leaves the water you should be looking backwards to take a breath, as the arm recovers your head should be going back in.

3rd 200m without floats, but with fins

Remember to keep the leading hand up (2 inches below the water surface) while you turn your head to take a breath.

4th 200m without float no fins

Try and put the whole thing together.

6 x 50m with 30 seconds rest

Alternate first 25m steady, 25m fast

Trying to keep the stroke long especially when taking the breath.

SWIM DOWN

200m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session.

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL LANE 2

WARM UP

200m **relaxed** swim

Count how many strokes it takes you to do per length
(remember)

MAIN SET

Before you start to swim stand at the side of the pool, hold onto the bar and try and do five consecutive breaths exactly the same timing

**Explain blowing out through nose, nose and mouth
breathe in through mouth only**

4 x 200m 1 minutes rest

1st 200m With a float (catch up) and fins

Concentrating on blowing out underwater

2nd 200m with float and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water, as it leaves the water you should be looking backwards to take a breath as the arm recovers your head should be going back in.

3rd 200m without floats, but with fins

Remember to keep the leading hand up (2 inches below the water surface) while you turn your head to take a breath

4th 200m without float no fins,

Try and put the whole thing together.

6 x 50m with 30 seconds rest

Alternate first 25m steady, 25m fast

SWIM DOWN

200m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL LANE 3

WARM UP

300m **relaxed** swim Count how many strokes it takes per length (remember)

MAIN SET

Before you start to swim stand at the side of the pool, hold onto the bar and try and do five consecutive breaths exactly the same timing.

Explain blowing out through nose, nose and mouth breathe in through mouth only

4 x 300m 1 minutes rest

1st 300m With a float (catch up) and fins

Concentrating on blowing out underwater

2nd 300m with float and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water, as it leaves the water you should be looking backwards to take a breath as the arm recovers your head should be going back in.

3rd 300m without floats, but with fins

Remember to keep the leading hand up (2 inches below the water surface) while you turn your head to take a breath

4th 300m without float no fins,

Try and put the whole thing together.

8 x 50m with 30 seconds rest

Alternate first 25m steady 25m fast

Trying to keep the stroke long especially when taking the breath.

SWIM DOWN

300m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL LANE 4

WARM UP

300m **relaxed** swim

Count how many strokes it takes per length (remember)

MAIN SET

4 x 300m 1 minutes rest

1st 300m With a float or tube (catch up) and fins

Concentrating on blowing out underwater

2nd 300m with float or tube and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water, as it leaves the water you should be looking backwards to take a breath as the arm recovers your head should be going back in.

3rd 300m without float or tube and fins

Remember to keep the leading hand up (2 inches below the water surface) while you turn your head to take a breath

4th 300m without float tube or fins

Try and put the whole thing together.

8 x 50m with 20 seconds rest

Alternate first 25m steady, 25m fast

Trying to keep the stroke long especially when taking the breath.

SWIM DOWN

300m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL. LANE 5

WARM UP

500m **relaxed** swim

Count how many strokes it takes you to do per length (remember)

MAIN SET

4 x 400m 1 minutes rest

1st 400m With a tube (catch up) and fins

Concentrating on blowing out underwater

2nd 400m With tube and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water as it leaves the water you should be looking backwards to take a breath, as the arm recovers your head should be going back in.

3rd 400m Without tube, but with fins

Remember to keep the leading hand up (2 inches below the water surface) while you turn your head to take a breath

4th 400m Without pipe or fins, try and put the whole thing together.

10 x 50m with 20 seconds rest

Alternate first 25m steady, 25m fast

Keep the stroke long especially when taking the breath.

SWIM DOWN

400m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session.

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL. LANE 6

WARM UP

500m **relaxed** swim

Count how many strokes it takes per length (remember)

MAIN SET

4 x 400m 1 minutes rest

1st 400m With a tube(catch up) and fins

Concentrating on blowing out underwater

2nd 400m with tube and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water as it leaves the water you should be looking backwards to take a breath, as the arm recovers your head should be going back in.

3rd 400m without tube, but with fins

Remember to keep the leading hand up (2 inches below the water surface) while you turn your head to take a breath

4th 400m without pipe or fins,

Try and put the whole thing together.

10 x 50m with 20 seconds rest

Alternate first 25m steady, 25m fast

Trying to keep the stroke long especially when taking the breath.

SWIM DOWN

500m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session.

