

KENDAL TRI CLUB

SET 7 TRICKLE AND EXPLOSIVE BREATHING LANE 1

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

2 x 100m With fins and float, catch up 1 minutes rest

Length 1 and 3 trickle breath

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 30 seconds rest

50m fast explosive breathing 1 minutes rest

Do this set 4 times

2 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

SWIM DOWN

200m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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

3 x 100m With fins and float. Catch up. 1 minutes rest

Length 1 and 3 trickle breath

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 30 seconds rest

50m fast explosive breathing 1 minutes rest

Do this set 4 times

2 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

SWIM DOWN

200m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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 Full stroke

Head position should be looking forwards and down roughly 45°

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

4 x 100m With fins and float. Catch up with 30 seconds rest

Length 1 and 3 trickle breath

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 30 seconds rest

50m fast explosive breathing 30 seconds rest

Do this set 5 times

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

SWIM DOWN

300m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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 Full stroke

Head position should be looking forwards and down roughly 45°

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 fins and float or tube. Catch up 30 seconds rest

Length 1 and 3 trickle breath

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 30 seconds rest

50m fast explosive breathing 30 seconds rest

Do this set 5 times

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

SWIM DOWN

300m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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 Full stroke

Head position should be looking forwards and down roughly 45°

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 fins and tube. Catch up. 1minutes rest

Length 1 and 3 trickle breath

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 20 seconds rest

50m fast explosive breathing 20 seconds rest

Do this set 6 times

4 x 200m swim full stroke with 45 seconds rest

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

Your breathing should alter as you get more tired

SWIM DOWN

400m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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 Full stroke

Head position should be looking forwards and down roughly 45°

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 30 seconds rest. With fins and tube. Catch up

Length 1 and 3 trickle breath

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 20 seconds rest

50m fast explosive breathing 20 seconds rest

Do this set 6 times

5 x 200m swim full stroke with 45 seconds rest

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

Your breathing should alter as you get more tired

SWIM DOWN

400m steady any stroke

