

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 1

WARM UP

200m relaxed any stroke.

MAIN SET

Before you start stand at the side of the pool and practice blowing out through either your nose or nose and mouth and breathing in through your mouth only.

4 x 100m 1 minutes rest

1st 100m with a float (catch up) and fins. 1 minute rest

Concentrate on blowing out underwater.

2nd 100m with float (catch up) 1 minute rest

Concentrate on pushing with the palm of your hand backwards as your hand leaves the water turn your head to take a breath as your hand recovers your head should be going back in.

3rd 100m swimming full stroke 1 minute rest

Catch up by catching each hand in the catch position they should be 2" below the surface of the water as you turn your head to breathe. Keep that leading hand up.

4th 100m swimming, full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation.

6 x 50m with 30 seconds rest

Do the first length steady and the second length faster.

Try to keep the strokes long at all times to make breathing easier

SWIM DOWN

200m steady.

KENDAL TRI CLUB

SET 9. BREATHING WITH ARMPULL 2. LANE 2

WARM UP

200m relaxed any stroke.

MAIN SET

Before you start stand at the side of the pool and practice blowing out through either your nose or nose and mouth and breathing in through your mouth only.

4 x 200m 1 minutes rest

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

Concentrate on blowing out underwater.

2nd 200m with float (catch up) 1 minute rest

Concentrate on pushing with the palm of your hand backwards as your hand leaves the water turn your head to take a breath as your hand recovers your head should be going back in.

3rd 200m swimming full stroke 1 minute rest

Try to do catch up by catching each hand in the catch position they should be 2 inches below the surface of the water as you turn your head to breathe. Keep that leading hand up.

4th 200m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation.

6 x 50m with 30 seconds rest

Do the first length steady and the second length faster.

Try to keep the strokes long at all times to make breathing easier

SWIM DOWN

200m steady.

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 3

WARM UP

300m relaxed any stroke.

MAIN SET

4 x 300m 1 minutes rest

1st 300m with a float or pipe (catch up) and fins.

Try blowing out through just your mouth, then just your nose, then both. Decide which you prefer to do naturally

2nd 300m with float or pipe (catch up)

Watch your hand, follow it through the pull and push phase of the strokes you are looking backwards take a breathe

3rd 300m swimming full stroke,

Try to do catch up by catching each hand in the catch position they should be 2" below the surface of the water as you turn your head to breathe. DON'T let your hand drop when you take a breathe

4th 300m swimming, full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation.

6 x 50m with 20 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

300m steady.

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 4

WARM UP

300m relaxed any stroke.

MAIN SET

4 x 300m 1 minutes rest

1st 300m with a float or pipe (catch up) and fins.

Try blowing out through just your mouth, then just your nose, then both. Decide which you prefer to do naturally

2nd 300m with float or pipe (catch up)

Watch your hand, follow it through the pull and push phase of the strokes you are looking backwards take a breathe

3rd 300m swimming full stroke

Alternate lengths breathing to one side then alternate sides

Bilateral breathing is necessary when swimming long distance

4th 300m swimming, full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation.

8 x 50m with 15 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

300m steady.

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 5

WARM UP

400m relaxed any stroke.

MAIN SET

4 x 400m 45 seconds rest

1st 400m with a pipe (catch up) and fins.

Alternate lengths between breathing to one side and breathing to alternate sides

2nd 400m with pipe (catch up)

Concentrate on keeping the leading hand at 2" below the surface all the time especially when breathing. This way you don't lose part of your pull

3rd 400m swimming full stroke,

Alternate lengths breathing to one side then alternate sides

Bilateral breathing is necessary when swimming long distance

4th 400m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation

8 x 50m with 15 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

400m steady.

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 6

WARM UP

400m relaxed any stroke.

MAIN SET

4 x 400m 45 seconds rest

Alternate lengths between breathing to one side and breathing to alternate sides

1st 400m with a pipe (catch up) and fins.

2nd 400m with pipe (catch up)

Concentrate on keeping the leading hand at 2" below the surface all the time especially when breathing. This way you don't lose part of your pull

3rd 400m Full stroke

Alternate lengths breathing to one side then alternate sides

Bilateral breathing is necessary when swimming long distance

4th 400m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation

10 x 50m with 15 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

400m steady

