

# KENDAL TRI CLUB

## SET 6 BODY POSTIONING WHEN BREATHING LANE 1

### WARM UP

200m **relaxed** any stroke

### MAIN SET

Pyramid swim

1 length 5 seconds rest

2 lengths 10 seconds rest

3 lengths 15 second rest

4 lengths 20 seconds rest

Do the 4 lengths once and then go back down again

On the way up (1 lengths 1-4) use fins on the way back

down (lengths 3-1) no fins

**Lean forward with you chest so you hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing**

2 x 100m with a float. 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 breathe, if you lift you head your feet will drop.**

2 x 100m catch up without a float. 1 minutes rest

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

### SWIM DOWN

200m **steady** any stroke

# KENDAL TRI CLUB

## SET 6 BODY POSTIONING WHEN BREATHING LANE 2

### WARM UP

200m **relaxed** any stroke

### MAIN SET

Pyramid swim

1 length 5 seconds rest

2 lengths 10 seconds rest

3 lengths 15 second rest

4 lengths 20 seconds rest

Do the 4 lengths once and then go back down again

On the way up ( lengths 1- 4) use fins on the way back down (lengths 3-1) no fins

**Lean forward with you chest so you hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing**

2 x 100m with a float. 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 breathe, if you lift you head your feet will drop.**

2 x 100m catch up without a float. 1 minutes rest

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

### SWIM DOWN

200m **steady** any stroke

# KENDAL TRI CLUB

## SET 6 BODY POSTIONING WHEN BREATHING LANE 3

### WARM UP

300m relaxed any stroke

### MAIN SET

Pyramid swim

1 length 5 seconds rest

2 lengths 10 seconds rest

3 lengths 15 second rest

4 lengths 20 seconds rest

5 lengths 25 seconds rest

Do the 5 lengths once and then go back down again

On the way up (length 1-5) use fins on the way back down

(length 4 -1) no fins

Lean forward with you chest so you hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing

You will be at the wrong end of the pool so swim 1 length steady to the shallow end

3 x 100m with a float or tube 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 breathe, if you lift you head your feet will drop.

2 x 100m catch up without a float or tube 30 seconds rest

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

### SWIM DOWN

300m steady any stroke

# KENDAL TRI CLUB

## SET 6 BODY POSTIONING WHEN BREATHING LANE 4

### WARM UP

300m **relaxed** any stroke

### MAIN SET

Pyramid swim

1 length 5 seconds rest

2 lengths 10 seconds rest

3 lengths 15 second rest

4 lengths 20 seconds rest

5 lengths 25 seconds rest

Do the 5 lengths once and then go back down again

On the way up (length1-5) use fins on the way back down

(length 4-1) no fins

**Lean forward with you chest so you hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing**

You will be at the wrong end of the pool so swim 1 length steady to the shallow end

3x 100m with a float or tube 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 breathe, if you lift you head your feet will drop.**

**Keep your leaning hand 2" below the surface of the water, especially when taking a breath**

2 x 100m catch up without a float or pipe 30 seconds rest

**Keep your leading hand 2" below the surface of the water, especially when taking a breathe**

### SWIM DOWN

300m **steady** any stroke

# KENDAL TRI CLUB

## SET 6 BODY POSTIONING WHEN BREATHING LANE 5

### WARM UP

400m **relaxed** any stroke

### MAIN SET

Pyramid swim

1 length 5 seconds rest

2 lengths 10 seconds rest

3 lengths 15 second rest

4 lengths 20 seconds rest

5 lengths 25 seconds rest

6th lengths 30 seconds rest

Do the 6 lengths once and then go back down again

On the way up (length 1-6) use fins on the way back down

(length 5-1) no fins

**Lean forward with you chest so you hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing**

2 x 100m with a pipe 20 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 breathe, if you lift you head your feet will drop.**

2 x 100m catch up without a pipe 20 seconds read

**Keep your leading hand 2" below the surface of the water, especially when taking a breathe**

### SWIM DOWN

400m **steady** any stroke

# KENDAL TRI CLUB

## SET 6 BODY POSTIONING WHEN BREATHING LANE 6

### WARM UP

400m **relaxed** any stroke

### MAIN SET

Pyramid swim

1 length 5 seconds rest

2 lengths 10 seconds rest

3 lengths 15 second rest

4 lengths 20 seconds rest

5 lengths 25 seconds rest

6 lengths 30 seconds rest

Do the 6 lengths once and then go back down again

On the way up (length1-6) use fins on the way back down

(length 5-10 no fins

**Lean forward with you chest so you hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing**

2 x 100m with a pipe 20 seconds rest

Kick with your face in the water only pull when you want to take a breathe.

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

2 x 100m catch up without a pipe 20 seconds rest

**Keep your leading hand 2" below the surface of the water, especially when taking a breath**

### SWIM DOWN

400m **steady** any stroke

