

# KENDAL TRI CLUB

## SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 1

### WARM UP

200m relaxed any stroke

### MAIN SET

2 x 100m with a float and fins 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 your head your feet will drop.

1 x 100m catch up with a float 1 minutes rest

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

1 x 100m swim thinking about the above

1 x 100m catch up with float 1 minutes rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

1 x 100m catch up with float 1 minute rest

1 x 100m swim thinking about the above

Blow out through your mouth and nose then take a breath in through your mouth only

1 x 100m catch up with float 1 minute rest

Keep your head low in the water to prevent your feet from dropping

1 x 100m swim thinking about the above

### SWIM DOWN

200m relaxed any stroke

# **KENDAL TRI CLUB**

## **SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 2**

### **WARM UP**

200m relaxed any stroke

### **MAIN SET**

2 x 100m with a float and fins 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.

1 x 100m catch up with a float 1 minutes rest

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

1 x 150m swim thinking about the above

1 x 100m catch up with float 1 minutes rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

1 x 150m swim thinking about the above

1 x 100m catch up with tube 1 minute rest

Blow out through your mouth and nose then take a breath in through your mouth only

1 x 150m swim thinking about the above

1 x 100m catch up with tube 1 minute rest

Keep your head low in the water to prevent your feet from dropping

1 x 150m swim thinking about the above

### **SWIM DOWN**

200m relaxed any stroke

# KENDAL TRI CLUB

## SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 3

### WARM UP

300m relaxed any stroke

### MAIN SET

2 x 100m with a tube and fins 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.

1 x 100m catch up with a float or tube 1 minutes rest

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

1 x 200m swim try to think about the above

1 x 100m catch up with float or tube 1 minutes rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

1 x 200m swim try to think about the above

1 x 100m catch up with float or tube 1 minute rest

Blow out through your mouth and nose then take a breath in through your mouth only

1 x 200m try to think about the above

1 x 100m catch up with float or tube 1 minute rest

Keep your head low in the water to prevent your feet from dropping

1 x 200 trying to think about the above

### SWIM DOWN

300m relaxed any stroke

# **KENDAL TRI CLUB**

## **SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 4**

### **WARM UP**

300m relaxed any stroke

### **MAIN SET**

2 x 100m with a tube and fins 30 seconds rest 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.

1 x 100m catch up with a tube 1 minutes rest

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

2 x 200m swim try to think about the above

1 x 100m catch up with tube 1 minutes rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 200m swim try to think about the above

1 x 100m catch up with tube 1 minute rest

Blow out through your mouth and nose then take a breath in through your mouth only

2 x 200m swim try to think about the above

1 x 100m catch up with tube 1 minute rest

Keep your head low in the water to prevent your feet from dropping

2 x 200m swim try to think about the above

### **SWIM DOWN**

300m relaxed any stroke

# KENDAL TRI CLUB

## SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 5

### WARM UP

400 relaxed any stroke

### MAIN SET

2 x 100m with a tube and fins 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.

1 x 100m catch up without a tube 30 seconds rest

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

2 x 400m swim

Sprint every 4th length 1 minutes rest

1 x 100m catch up with tube 30 seconds rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 400m swim

Sprint every 3rd length 1 minutes rest

1 x 100m catch up with tube 30 seconds rest

Breathe (every 3 or 5 strokes)

2 x 400m swim sprint every 2nd length 1 minutes rest

### SWIM DOWN

400m relaxed any stroke

# **KENDAL TRI CLUB**

## **SET 12 BODY POSITIONING WHEN BREATHING 2 LANE 6**

### **WARM UP**

400 relaxed any stroke

### **MAIN SET**

2 x 100m with a tube and fins 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.

1 x 100m catch up without a tube 30 seconds rest

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

2 x 400m swim

Sprint every 4th length 1 minutes rest

1 x 100m catch up with tube 30 seconds rest

Watch your hand as it pulls, as the hand leaves the water you should be looking backwards take a breath

2 x 400m swim

Sprint every 3rd length 1 minutes rest

1 x 100m catch up with tube 30 seconds rest

Breathe (every 3 or 5 strokes)

2 x 400m swim sprint every 2nd length 1 minutes rest

### **SWIM DOWN**

400m relaxed any stroke

