

# KENDAL TRI CLUB

## SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 LANE1

Trickle breathing is usually used when you're 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, breathe 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.

Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in. 5 x 50m with float, catch up trickle breathing 1 minute rest

Take a breath when looking back, when head is back in the water blow out slowly until you have released 90% of your air then take another breath

5 x 50m with float catch up explosive breathing one minute rest

Take a breath when looking back. When the head is back in the water blow out hard, releasing 90% of your air and take another breath

Repeat, both these sets without a float

Swim full stroke

4 x 100m 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. From trickle to explosive.

### SWIM DOWN

200m steady any stroke

# KENDAL TRI CLUB

## SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 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

### MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly.

Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in.

Take a breath when looking back. When head is back in the water blow out slowly until you have released 90% of your air, then take another breath

5 x 50m with float catch up explosive breathing one minute rest

Take a breath when looking back. When the head is back in the water blow out hard releasing 90% of your air and take another breath

Repeat, both these sets without a float

Swim full stroke

3 x 100m 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. From trickle to explosive.

### SWIM DOWN

200m steady any stroke

# KENDAL TRI CLUB

## SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 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 relaxed any stroke

### MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly.

Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in.

2 x 100m with tube, catch up trickle breathing 1 minutes rest

3 x 100m swim

Take a breath when looking back. When head is back in the water blow out slowly until you have released 90% of your air then take another breath

2 x 100m with tube catch up explosive breathing 1 minutes rest

3 x 100 swim

Take a breath when looking back. When the head is back in the water blow out hard releasing 90% of your air and take another breath

Swim full stroke

4 x 100m 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. From trickle to explosive.

### SWIM DOWN

300m steady any stroke

# KENDAL TRI CLUB

## SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 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 relaxed any stroke

### MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly.

Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in.

2 x 100m with tube catch up trickle breathing 20 seconds rest

2 x 400m swim

Take a breath when looking back. When head is back in the water blow out slowly until you have released 90% of your air, then take another breath

2 x 100m with tube catch up explosive breathing 30 seconds rest

2 x 400m swim

Take a breath when looking back. When the head is back in the water blow out hard releasing 90% of your air and take another breath

Swim full stroke

4 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. From trickle to explosive.

### SWIM DOWN

300m steady any stroke

# KENDAL TRI CLUB

## SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 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 relaxed any stroke

### MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly.

Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in. 12 x 100m with tube catch up trickle breathing 20 seconds rest

2 x 400m swim build each 100m see if your breathing changes

2 x 100m with tube catch up explosive breathing 20 seconds rest

2 x 400m swim build each 100m see if your breathing changes

Swim full stroke

3 x 200m swim full stroke with 1 minute rest

Try to make each one faster

### SWIM DOWN

400m **steady** any stroke

# KENDAL TRI CLUB

## SET 13 TRICKLE AND EXPLOSIVE BREATHING 2 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 relaxed any stroke

### MAIN SET

Trickle breathing is when you hold your breath and then blow out slowly.

Explosive breathing is when you hold your breath and then blow out hard just before taking a breath in.

2 x 100m with tube catch up trickle breathing 20 seconds rest

2 x 400m swim build each 100m see if your breathing changes

2 x 100m with tube catch up explosive breathing 20 seconds rest

2 x 400m swim build each 100m see if your breathing changes

Swim full stroke

3 x 200m swim full stroke with 1 minute rest

They to make each one faster

### SWIM DOWN

400m steady any stroke

