

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL LANE 1

WARM UP

200m **relaxed** swim. Count how many strokes it takes you to do per length (remember)

MAIN SET

Before you start to swim stand at the side of the pool, hold onto the bar and try and do five consecutive breaths exactly the same timing.

**Explain blowing out through nose, nose and mouth
breathe in through mouth only**

2 x 200m 1 minutes rest

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

Concentrating on blowing out underwater

2nd 200m with float and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water. As it leaves the water you should be looking backwards to take a breath, as the arm recovers your head should be going back in.

3 x 100m on 3.00 minutes

3 x 100m on 2.50minutes

3 x 100m on 2.40 minutes

Set off each time on the time given. The faster you swim the more rest you get, the slower you swim the less rest you get. The choice is yours !

6 x 50m with 30 seconds rest

First 25m steady, 25m fast (This is called a negative split)

Trying to keep the stroke long especially when taking the breath.

SWIM DOWN

200m **steady**. Count your strokes and see if you are doing it in less strokes than at the beginning of the session.

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL LANE 2

WARM UP

200m **relaxed** swim

Count how many strokes it takes you to do per length
(remember)

MAIN SET

2 x 200m 1 minutes rest

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

Concentrating on blowing out underwater

2nd 200m with float and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water, as it leaves the water you should be looking backwards take a breath as the arm recovers your head should be going back in.

3 x 100m on 2.50 minutes

3 x 100m on 2.45 minutes

3 x 100m on 2.40 minutes

Set off each time on the time given. The faster you swim the more rest you get, the slower you swim the less rest you get. The choice is yours !

6 x 50m with 30 seconds rest

First 25m steady, 25m fast. (This is called a negative split)

SWIM DOWN

200m **steady**. Count your strokes and see if you are doing it in less strokes than at the beginning of the session

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL LANE 3

WARM UP

300m **relaxed** swim Count how many strokes it takes per length (remember)

MAIN SET

2 x 200m 30 seconds rest

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

Concentrating on blowing out underwater

2nd 300m with float and fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water, as it leaves the water you should be looking backwards to take a breath as the arm recovers your head should be going back in.

4 x 100m on 2.45 minutes

4 x 100m on 2.40 minutes

4 x 100m on 2.35 minutes

Set off each time on the time given. The faster you swim the more rest you get, the slower you swim the less rest you get. The choice is yours !

8 x 50m with 30 seconds rest

First 25m steady 25m fast (This is called a negative split)

Try to keep the stroke long especially when taking the breath.

SWIM DOWN

300m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL LANE4

WARM UP

300m **relaxed** swim

Count how many strokes it takes per length (remember)

MAIN SET

2 x 200m 30 seconds rest

1st 200m tube (catch up) and fins **Concentrating on blowing out underwater**

2nd 200m half catch up with fins

Concentrate on pushing back with the hand. Follow your hand as it pulls through the water, as it leaves the water you should be looking backwards to take a breath as the arm recovers your head should be going back in.

4 x 100m on 2.10 minutes

4 x 100m on 2.05 minutes

4 x 100m on 2.00 minutes

Set off each time on the time given. The faster you swim the more rest you get, the slower you swim the less rest you get. The choice is yours !

8 x 50m with 20 seconds rest

First 25m steady, 25m fast (This is called a negative split)

Try to keep the stroke long especially when taking the breath.

SWIM DOWN

300m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL. LANE 5

WARM UP

500m **relaxed** swim

Count how many strokes it takes you to do per length
(remember)

MAIN SET

2 x 200m with 30 seconds rest

1st 200m With a tube (catch up) and fins

Concentrating on blowing out underwater

2nd 200m Half catch up but with fins

Remember to keep the leading hand up (2 inches below the water surface) while you turn your head to take a breath

4 x 100m on 2.05 minutes

4 x 100m on 2.00 minutes

4 x 100m on 1.55 minutes

4 x 100m on 1.50 minutes

Set off each time on the time given. The faster you swim the more rest you get, the slower you swim the less rest you get. The choice is yours !

10 x 50m with 15 seconds rest

First 25m steady, 25m fast (this is called a negative split)

Keep the stroke long especially when taking the breath.

SWIM DOWN

400m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session.

KENDAL TRI CLUB

SET 3 BREATHING WITH ARM PULL. LANE 6

WARM UP

500m **relaxed** swim

Count how many strokes it takes per length (remember)

MAIN SET

2 x 200m with 30 seconds rest

1st 200m With a tube (catch up) and fins

Concentrating on blowing out underwater

2nd 200m Half catch up but with fins

Remember to keep the leading hand up (2 inches below the water surface) while you turn your head to take a breath

4 x 100m on 2.00 minutes

4 x 100m on 1.55 minutes

4 x 100m on 1.50 minutes

4 x 100m on 1.45 minutes

Set off each time on the time given. The faster you swim the more rest you get, the slower you swim the less rest you get. The choice is yours !

10 x 50m with 15 seconds rest

First 25m steady, 25m fast (this is called a negative split)

Keep the stroke long especially when taking the breath.

SWIM DOWN

500m **steady** count your strokes and see if you are doing it in less strokes than at the beginning of the session.

