

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 your hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing

50m **timed steady** rest as needed

100m **twice your 50m time**

150m **three times your 50m time**

200m **four times your 50m time**

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 your hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing

100m **timed steady** rest as needed

200m **try to double your 100m time**

400m **try to double your 200m time**

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 your 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

100m **timed steady** rest as needed

200m **try to double your 100m time**

400m **try to double your 200m time**

SWIM DOWN

300m **steady** any stroke

KENDAL TRI CLUB

SET 6 BODY POSITIONING 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 your 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

100m **timed steady** rest as needed

200m **try to double your 100m time**

400m **try to double your 200m time**

800m **try to double you 400m time**

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 your hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing

100m **timed steady** rest as needed

200m **try to double your 100m time**

400m **try to double your 200m time**

800m **try to double you 400m time**

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 your hips are up and your heels should be breaking the surface of the water. Keep the head low when breathing

100m **timed steady** rest as needed

200m **try to double your 100m time**

400m **try to double your 200m time**

800m **try to double you 400m time**

SWIM DOWN

400m **steady** any stroke

