

KENDAL TRI CLUB

SET 7 TRICKLE AND EXPLOSIVE BREATHING LANE 1

Trickle breathing is usually used when you're swimming slow and steady.

Explosive breathing is used when you're swimming fast and racing

WARM UP

200m relaxed any stroke

Standing. Practise blowing out underwater through your mouth, nose or both, breath 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.

2 x 100m With fins and float, catch up 1 minute rest

Length 1 and 3 trickle breathing

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 30 seconds rest

50m fast explosive breathing 1 minute rest

Do this set 4 times

2 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

SWIM DOWN

200m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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.

3 x 100m Catch up. fins and float 1 minute rest

Length 1 and 3 trickle breathing

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 30 seconds rest

50m fast explosive breathing 1 minute rest

Do this set 4 times

2 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

SWIM DOWN

200m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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 Full stroke

Head position should be looking forwards and down roughly 45°

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.

4 x 100m. Catch up with 15 sec rest

fins and tube for 1 & 2

without fins and tube for 3 & 4

Length 1 and 3 trickle breathing

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 30 seconds rest

50m fast explosive breathing 30 seconds rest

Do this set 5 times

2 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

SWIM DOWN

300m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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 Full stroke

Head position should be looking forwards and down roughly 45°

MAIN SET

4 x 100m. Catch up with 15 sec rest

With fins and tube for 1 & 2

without fins tube for 3 & 4

Length 1 and 3 trickle breathing

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 30 seconds rest

50m fast explosive breathing 30 seconds rest

Do this set 5 times

3 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

SWIM DOWN

300m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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 Full stroke

Head position should be looking forwards and down roughly 45°

MAIN SET

4 x 100m. Catch up with 15 sec rest

With fins and tube for 1 & 2

without fins tube for 3 & 4

Length 1 and 3 trickle breathing

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 15 seconds rest

50m fast explosive breathing 15 seconds rest

Do this set 6 times

4 x 200m swim full stroke with 45 seconds rest

Building each length. Start each length slow and end by going fast

Your breathing should alter as you get more tired

SWIM DOWN

400m steady any stroke

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SET 7 TRICKLE AND EXPLOSIVE BREATHING 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 Full stroke

Head position should be looking forwards and down roughly 45°

MAIN SET

4 x 100m. Catch up with 15 sec rest

With fins and tube for 1 & 2

without fins tube for 3 & 4

Length 1 and 3 trickle breathing

Length 2 and 4 explosive breathing

Swim full stroke

100m steady trickle breathing 15 seconds rest

50m fast explosive breathing 15 seconds rest

Do this set 6 times

5 x 200m swim full stroke with 45 seconds rest

Building each length. Start each length slow and end by going fast

Your breathing should alter as you get more tired

SWIM DOWN

400m steady any stroke

