

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 1

WARM UP

200m relaxed any stroke.

MAIN SET

Before you start stand at the side of the pool and practice blowing out through either your nose or nose and mouth and breathing in through your mouth only.

200m with a tube or float and fins (catch up)

200m with tube or float (catch up)

Concentrate on keeping the leading hand at 2" below the surface all the time especially when breathing. This way you don't lose part of your pull

400m Full stroke

Breathing to your preferred side on the way up then bilateral breathing on the way back

Bilateral breathing is necessary when swimming long distance

400m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation

4 x 50m with 20 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

200m steady.

KENDAL TRI CLUB

SET 9. BREATHING WITH ARMPULL 2. LANE 2

WARM UP

200m relaxed any stroke.

MAIN SET

Before you start stand at the side of the pool and practice blowing out through either your nose or nose and mouth and breathing in through your mouth only.

200m with a tube or float fins(catch up)

200m with tube or float (catch up)

Concentrate on keeping the leading hand at 2" below the surface all the time especially when breathing. This way you don't lose part of your pull

400m Full stroke

Breathing to your preferred side on the way up then bilateral breathing on the way back

Bilateral breathing is necessary when swimming long distance

400m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation

4 x 50m with 20 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

200m steady.

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 3

WARM UP

300m relaxed any stroke.

MAIN SET

200m with a tube and fins (catch up)

200m with tube (catch up)

Concentrate on keeping the leading hand at 2" below the surface all the time especially when breathing. This way you don't lose part of your pull

400m Full stroke

Breathing to your preferred side on the way up then bilateral breathing on the way back

Bilateral breathing is necessary when swimming long distance

400m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation

400m swim 100m steady 50m fast

4 x 50m with 20 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

300m steady.

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 4

WARM UP

300m relaxed any stroke.

MAIN SET

200m with a tube and fins (catch up)

200m with tube (catch up)

Concentrate on keeping the leading hand at 2" below the surface all the time especially when breathing. This way you don't lose part of your pull

400m Full stroke

Breathing to your preferred side on the way up then bilateral breathing on the way back

Bilateral breathing is necessary when swimming long distance

400m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation

400m swim 100m steady 50m fast

6 x 50m with 20 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

300m steady.

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 5

WARM UP

400m relaxed any stroke.

MAIN SET

200m with a tube and fins (catch up)

200m with tube (catch up)

Concentrate on keeping the leading hand at 2" below the surface all the time especially when breathing. This way you don't lose part of your pull

400m Full stroke

Breathing to your preferred side on the way up then bilateral breathing on the way back

Bilateral breathing is necessary when swimming long distance

400m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation

400m swim 100m steady 50m fast

1 minutes rest and repeat

10 x 50m with 15 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

400m steady.

KENDAL TRI CLUB

SET 9 BREATHING WITH ARMPULL 2. LANE 6

WARM UP

400m relaxed any stroke.

MAIN SET

200m with a tube (catch up)

200m without tube (catch up)

Concentrate on keeping the leading hand at 2" below the surface all the time especially when breathing. This way you don't lose part of your pull

400m Full stroke

Breathing to your preferred side on the way up then bilateral breathing on the way back

Bilateral breathing is necessary when swimming long distance

400m Full stroke.

Keep the arm stroke long and stretch each stroke especially when breathing so that helps with body rotation

400m swim 100m steady 50m fast

1 minutes rest and repeat

10 x 50m with 15 seconds rest

Start each length steady and go faster as you go down the length

Turn your head as little as possible

SWIM DOWN

400m steady

