



Session Name: Pattern Masters

This technique session focuses on bilateral breathing.

The structure of the session breaks our swim down into right side breathing, left side breathing and then finally into bilateral breathing.

Even if it feels hard and unnatural stick with the breathing patterns stated in the session

Some parts of this session plan are the same for all swimmers in distance, other parts have a choice of 3 different distances for your level of swim. Adjust distances to your own ability or time.

[See The Video Introduction For This Session](#)

See Head Coach Jason's Introduction to this session plan at
https://youtu.be/T3la4_4RVaY

Want To Be Coached By South West Swim?

South West Swim are based in Swindon and the Cotswolds in the UK. We pride ourselves on offering the very best in coaching and are Swim Smooth Certified, specialising in Stroke fault identification and correction, as well as long distance swimming for open water, Triathlon and Fitness.

Make South West Swim your swim home and book a session at

www.southwestswim.co.uk

Want To Contribute To South West Swim?

This session is free of charge, however if you liked your swim and want to contribute to South West Swim's content feel free to leave a voluntary session fee for this session via Paypal at <https://www.paypal.me/southwestswim>

Recommended Kit For This Session Plan

For this session we would recommend:

- Finis Floating Fins or Zoomer Gold Z2 Fins
- Finis Freestyler Paddles
- Finis Pull Buoy or Finis Axis Buoy

Swim Training Aids are available to purchase directly from www.southwestswim.co.uk

Warm Up

Today our warm up is integrated into our main swim set. Take the initial 2 parts of the session easy and focus on movement of the stroke and the drills at hand. Get a bit of a heart rate increase in the torpedo kick elements.

Notes:

Main Set

Focus on right side breathing

Take 30 seconds rest between each.

- 200m - Front Crawl Swim breathing to your weakest side out, and strongest side back
- 150m (Fins and 1 Paddle) - Javelin Drill both ways. Paddle on your LEFT hand and always breathing every 4 strokes to the RIGHT side
'Javelin drill is half a length kick on side drill with a paddle on the lead hand, then bring in full stroke always breathing away from the paddled hand. Focus on a smooth rotation into the breath and low head position (one goggle in)''
- 100m (Fins) - Torpedo Kick out, Front crawl swim back Breathing ONLY TO THE RIGHT, but with your own breathing timing.

Focus on left side Breathing (a exact repeat of the above but to the LEFT side)

Take 30 seconds rest between each.

- 200m - Front Crawl Swim breathing to your weakest side out, and strongest side back
- 150m (Fins and 1 Paddle) - Javelin Drill both ways. Paddle on your Right hand and always breathing every 4 strokes to the LEFT side
- 100m (Fins) - Torpedo Kick out, Front crawl swim back Breathing ONLY TO THE LEFT, but with your own breathing timing.

50m efforts focusing on the lead arm position when taking your breath.

Focus on entering fingertips first and align the arm under the water so that your fingertips are lower than the wrist and wrist lower than the elbow. Keep the front of the stroke moving, do NOT glide and create a dead spot in the stroke. Think of reaching forward and getting a grip on the water rather than gliding. Definitely no stroke counting!

Choose one of the distance variations below, increase your effort level through the each block (reset effort level for each block)

Take 10 seconds rest between each

- 8x50, 6x50 or 4x50 (Fins & 1 Paddle) - Paddle on the RIGHT hand Breathing to the LEFT SIDE ONLY
- 8x50, 6x50 or 4x50 (Fins & 1 Paddle) - Paddle on the LEFT hand Breathing to the RIGHT SIDE ONLY

Back to the technique elements, a bilateral variation of the start of the session

Take 30 seconds rest between each

- 200m - Front Crawl Swim breathing to your weakest side out, and strongest side back
- 150m (Fins) - Broken Arrow Drill both ways.
- 100m (Fins) - Torpedo Kick out, Front crawl swim back Breathing every 3 strokes or 5 strokes

Back to the 50's with Bilateral breathing and controlled paddled hand

Choose one of the distance variations below, increase your effort level through the each block (reset effort level for each block). Now we are wearing only one paddle but breathing bilaterally. This may feel odd but when you're breathing the paddle is going to highlight your arm alignment and position on one side (as before), and your feel for the catch and pull on the other breathing stroke.

Take 10 seconds rest between each

- 6x50, 4x50 or 2x50 (Fins & 1 Paddle) - Paddle on the RIGHT hand Breathing every 3
- 6x50, 4x50 or 2x50 (Fins & 1 Paddle) - Paddle on the LEFT hand Breathing every 3
- 6x50, 4x50 or 2x50 (Fins & Both Paddles) - Breathing every 3

Finish with some flourishing 100m efforts, slowing each one to get to a cooldown pace

- 6x100, 4x100 or 3x100 (Choice of no kit or Pull Buoy)

Cool Down

We are all done and have cooled down already as per above. YOU can finish with an optional additional loosener of 5-10 minutes of own choice easy swim, drills and own choice of kit.

Enjoy the rest of your day, reflect on what was done in the session and remember to stretch out