



Session Name: Building it back!

This session can be based on either time in the water swimming, or metres. Use a tempo trainer set on mode 2 to each of the defined times, or a garmin set to BUZZ after the set time period, or simply count your lengths as normal if swimming in a pool.

The session is designed to be just a long swim, but broken into smaller segments with plenty of rest. We will be focusing on breathing patterns but also think about the rotation and hand entry (finger tips first, palms down).

It is written with 3 options for you to use, a shorter session, a longer session, and a time based session

Warm Up

- 4 x 50m (or 4x1min swims) as an easy relaxed swim with pull buoy for efforts 2 and 4 (don't worry about a pull buoy in the lake)
- 4 x 50m (or 4 x 1min swims) as drill of your own choice from what we have done in the pool so far

Notes:

Main

A pyramid of swim breathing :).

REST PERIODS: Take 30 seconds to 1min of rest between each effort. It is designed to be easy.

KIT: Pull buoy is optional. TO challenge your balance try using the buoy between your ankles and try not to snake down the pool. Remember “engage the core” as per this week's focus in our torpedo kick drill.

1. Either ; 50m / 100m / 1 min - Swim breathing every 3 strokes
2. Either ; 100m / 150m / 2 min - Swim breathing to your WEAKEST SIDE ONLY
3. Either ; 150m / 200m / 4min - Swim Breathing on a pattern of 2-3-2-3-2-3-etc
4. Either ; 250m / 350m / 6min - Swim breathing weakest side out - strongest side back (in a pool) / 20 stroke weakest side / 20 stroke strongest side (in open water)
5. Either ; 400m / 500m / 8min - Swim breathing as you wish
6. Either ; 250m / 350m / 6min - Swim breathing weakest side out - strongest side back (in a pool) / 20 stroke weakest side / 20 stroke strongest side (in open water)
7. Either ; 150m / 200m / 4min - Swim Breathing on a pattern of 2-3-2-3-2-3-etc
8. Either ; 100m / 150m / 2 min - Swim breathing to your WEAKEST SIDE ONLY
9. Either ; 50m / 100m / 1 min - Swim breathing every 3 strokes

In this session we work up to swim 5 and then work back down the pyramid. I have made it as simple as possible so that you stand a chance of remembering it in the lake.

The main technique focus is making sure you have your lead arm under control (not crossing over) at the front of the stroke when breathing. Pay attention to this on your weak side especially. Rotate into the breath and get a feeling of smooth breathing.

Enjoy

Cool Down

A nice relaxed swim. Try performing some scull drills in this section

