

Workout 1



Technical focus: Breathing timing

Main set: 6 x 25 on 50"

Equipment: Kickboard / Fins (optional)

Sets	Descriptions & Focus points
Warm-up: 4 x 25 choice	<ul style="list-style-type: none"> ➤ Any stroke - Take up to 15 seconds rest between each 25 m/yd
6 x 25 Front kicks (R: 20"/ 25)	<ul style="list-style-type: none"> ➤ With or without kickboard - Breathe to the front ➤ Breathe quickly and breathe out continuously
6 x 25 Anchor drill (Breathe every stroke) (R: 20"/ 25) - Fins optional	<ul style="list-style-type: none"> ➤ Kick both arms extended in front with a continuous exhalation ➤ Roll your head to breathe when your arm is starting to push back ➤ Aim to keep one eye at the surface or under the water when breathing ➤ When your arm is above your head, return your head in the water ➤ Switch arm every length
6 x 25 Freestyle swim easy (R:30" / 25)	<ul style="list-style-type: none"> ➤ Breathe every 3 strokes (bilateral breathing) ➤ Focus on breathing timing, head position and long distance per stroke
6 x 25 Single arm drill (resting arm in front) (R:20" / 25) - Fins optional	<ul style="list-style-type: none"> ➤ Breathe every two arms and swap your breathing side every length (25 m/yd breathing on your right arm / 25 m/yd breathing on your left arm) ➤ Keep the palm of your hand facing back throughout ➤ Accelerate your hand when pushing back toward your thigh
6 x 25 Freestyle swim steady on 50"	<ul style="list-style-type: none"> ➤ Start each 25 every 50 seconds (pace clock start: 00, 50, 40, 30, 20, 10) ➤ Maintain the most consistent (steady) pace throughout the set ➤ If you get more than 15 seconds rest between each repetition (e.g. swim pace = 35 seconds or faster), move to session 9
Warm-down: 50 choice	Total: 900 m/yd