

Workout 1



Technical focus: Breathing timing

Main set: 6 x 33 on 1'05

Equipment: Kickboard / Fins (optional)

Sets	Descriptions & Focus points
Warm-up: 4 x 33 choice	<ul style="list-style-type: none"> ➤ Any stroke - Take up to 15 seconds rest between each 33 m.
4 x 33 Front kicks (R: 20"/ 33)	<ul style="list-style-type: none"> ➤ With or without kickboard - Breathe to the front ➤ Breathe quickly and breathe out continuously
6 x 33 Anchor drill (Breathe every stroke) (R: 20"/ 33) - 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
4 x 33 Freestyle swim easy (R:30" / 33)	<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 33 Single arm drill (resting arm in front) (R:20" / 33) - Fins optional	<ul style="list-style-type: none"> ➤ Breathe every two arms and swap your breathing side every length (33 m/yd breathing on your right arm / 33 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 33 Freestyle swim steady on 1'05	<ul style="list-style-type: none"> ➤ Start each 33 every 1 min & 5 seconds (pace clock start: 00, 05, 10, 15, 20, 25) ➤ Maintain the most consistent (steady) pace throughout the set ➤ If you get more than 20 seconds rest between each repetition (e.g. swim pace = 45 seconds or faster), move to session 9
Warm-down: 2 x 33 choice	Total: 1066 m