



Triathlon Swim Set #1
Breath-Control Swimming
Martha Szufnarowski, Founder & Coach
TriLaVie & Swim Velocity
USAT Certified Triathlon Coach
Level II US Masters Swimming/ASCA Coach



SWIM ORIENTATION

Sets will consist of 3 elements:

1. Skills and drills to set your good form
2. Pyramid Intervals at differing distances
3. Attention to rhythmic and varied breathing patterns

GOAL: Slow, strong, purposeful swimming with rhythmic breathing

2000 yds TOTAL

*Please choose your distance based on your swim level, goals and distances.

*New to swimming? 30 minutes is plenty! Experienced? 60 minutes is max.

*At some point, your goal can be the full 2000 yards in 1 hour. Perhaps not yet.

Warm -up: **100 yds** (4 laps) easy swimming, clearing your head and organizing your goggles.

200 Drills: Your choice based on your purpose/limiters

Catch-up, Finger-tip Drag Drills, Side Swimming with extended arm balance (9-3-9s).

100 Pull Set – use buoy, set strong arm pull and body rotation, add core and glute strength.

(In other words, hold those butt cheeks tight like you are “holding in a fart!”)

** Note the times of each distance interval even though they are not a hard intensity

** RI = Rest Interval (the amount of time you rest between efforts or drills)

** Most pools are 25 yards per length. Think: 50=2 lengths = 1 lap.

Set your good exhale-focused breathing:

- Exhale from nose and mouth
- Exhale continuously and completely
- Do not hold your breath under water
- Develop a rhythm of exhaling underwater, inhaling above water. Continuous breathing

4x50 w/:30 sec RI

Alternate breathing sides for each 50 (right only, left only, etc.)

1 minute recovery

4x100 w/ :30 sec RI

Bilateral breathing, taking an inhale every 3rd stroke. This alternates the breathing side.

1 minute recovery

2x200 w/1:00 min RI

Focus: Find the groove that allows you to go longer and feel good

Experiment with your breathing patterns, single-sided, bilateral, 2-5 strokes/breath

1 minute recovery

3x100 w/:30 sec RI (use a bit more power each 100 trial, compare times)

1 minute recovery

4x50 w/:15 sec RI

Cool Down: 100 slow and form-focused – perhaps use your buoy or alternate w/buoy.

Play! Stretch! Float! Leave the water with a fully recovered heart rate, please.