



Triathlon Swim Set #6
Breath-Control + Interval Swimming



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SWIM ORIENTATION

Sets will consist of 3 elements:

1. Attention to rhythmic and varied breathing patterns
2. Practicing to master left and right side breathing to improve sighting and balance
3. Lung expansion and aerobic improvement using mind control over breathing!

GOAL: *Slow, strong, purposeful swimming with dynamic, rhythmic breathing focusing on bilateral breathing. Breathe every 3rd stroke to alternate the sides – right and left.*

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

250 Breath Patterns done as:

- 50 yds right side only breathing, any interval (2, 4 or 6)
- 50 yds left side only breathing, any interval (2, 4 or 6)
- 50 yds bilateral breathing – every 3rd stroke, alternating right and left sides
- 50 yds right side only breathing, any interval (2, 4 or 6)
- 50 yds left side only breathing, any interval (2, 4 or 6)

150 Breath Control – lung expansion work:

- 50 yds breathing every 7 strokes (rest at the 25 yd if necessary)
- 50 yds breathing every 5 strokes (rest at the 25 yd if necessary)
- 50 yds breathing every 3 strokes

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.

1-hour swim doing as much as you can in the hour, ending with a 100 pull EZ to cool-down

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

500 warm-up breath pattern/control as outlined above
3x100 w/ :15 RI bilateral breathing, every 3 rd stroke
3x100 PULL w/ :15 RI – bilateral breathing, every 3 rd stroke
150 Breath Control as above
100 PULL EZ mixing up your breath patterns
4x100 w/ :15 alternating R/L/R/L breathing, breathing every 2 or 4 strokes
100 PULL EZ mixing up your breath patterns
150 Breath Control as above
100 PULL EZ mixing up your breath patterns
*** Bonus! Try to swim 25 yards without taking a breath. Freestyle or underwater!