



Warm-up: 3 x 200

1. easy choice
2. fins: alternate kicking on R side, front, L side, back
3. pull with paddles

The upcoming drill set has you trying out different breathing patterns. Chances are you have a “go to pattern” but keep an open mind during these ten 100s where you will try out different patterns.

Drill set:

- 10 x 100 freestyle @75 – 80% effort
- 1 & 2 breathe every 3 strokes
 - 3 & 4 breathe every 4 strokes to the right

5 & 6 breathe every 5 strokes

7 & 8 breathe every 4 strokes to the left

9 & 10 breathe every 3-3-2 or 3-2-3-2

Main-set:

250-500 swim: easy /moderate effort

250-500 swim: moderate/hard effort

During the steady swims above, try out your favorite breathing patterns and see if one pattern works well with an easy/moderate effort and a different pattern is better when swimming moderate or hard. Cool-down: 100 easy choice