

# WORKOUT

Workout #: W0024 | Essential Skill: Breathing

We're practicing breathing in this workout. I encourage you to practice timing and relaxing. During the warm up, hang on to the side and bob. Practice yoga breathing in through mouth and out through nose. Relax. The Stroke Set and Main Set both have drills to practice upfront swimming. Breathing early in the pull while the opposite arm is extended opens up a long window to take a breath. Commit to relaxed swimming during this workout.

## Sprint

200 Warm Up

## Olympic

300 Warm Up

### Stroke Set

6 x

8 x

75 freestyle (50 Single Arm drill, 25 swim) -- 10 secs rest

Alternate arms on the single arm drill.

### Main Set

6 x

10 x

100 freestyle (25 Catch-Up drill, 75 swim) -- 10 secs rest

On Catch-Up, start to turn your head as your thumbs part. On the 75 swim, almost catch up.

### Race Set

4 x

6 x

1 x 25 kick - 10 secs rest  
1 x 50 swim - 10 secs rest  
1 x 25 kick - 10 secs rest

Use a kick board for the 25s. Your choice of stroke. Mix strokes up, if you like.

200 Swim Down

300 Swim Down

Totals: 1850

2800

## Skills

### Breathing

There are two important aspects to breathing. First is timing. Practice upfront swimming to give yourself a long window to breathe. Start breathing to the right when the right arm starts to pull and the left is extended in front. Opposite for breathing to left. Second is to relax. Yoga breathing. In through mouth, out through nose. When you breathe to one side, keep the opposite ear in the water.

## Drills

### Single Arm Drill

Start w/ extended arms and strong kick. Pull w/ one arm and reach w/ the lead arm. Let your body rotate body 45°. Glide on the lead arm. Recover over the water. Return to flat body position. Repeat.

### Catch-Up

Start with arms extended and a strong kick. Pull with one arm while the other remains extended in front of you. Don't pull with the other hand until the thumbs touch.