

Session Plan: Technique

20m pool

Lane

Aim: Improving breathing



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
<b>Warm Up</b>	5	F/S only	Easy		Controlling your stroke
<b>Drill Set</b>	5	<b>Breathing on right side up/left side down</b>	50%		Concentrate on full exhalation, head still when not taking breath
	5	<b>One arm drill – left arm only up/right arm only down</b> other arm out in front	50%		Concentrate on breathing rhythm
	5	<b>Bilateral breathing – bubble, bubble breath</b>	60%		Exhaling to the words bubble, bubble, breathe
	5	<b>Front kick up- F/S back.</b> Arms in front, take a stroke to breath	60%		Constant exhalation
	5	<b>Breathe on right side up with right eye closed – Breathe on left hand side down with left eye closed</b>	50%		Open eye should not come out of the water
<b>Main Set</b>	10	<b>Breathe every 2/3/2/3/2 etc strokes</b>	<b>75%</b>	60secs	Concentrate on keeping head still and breathing into bow wave
	10	<b>Breathe every 3/5/3/5/3 etc strokes</b>	<b>75%</b>	60secs	Concentrate on constant exhalation
	5	<b>Breathe every 3/5/7/3/5/7 etc strokes</b>	<b>75%</b>		Keep breathing steady
<b>Cool Down</b>	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch