

# Session Theme & Focus

## Breathing

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### Changing Breathing Patterns

Being able to breathe on different sides if necessary – or breathe continuously on one side – is a great skill to develop, particularly for those open water swim events or triathlon races.

#### Warm Up (500m)

100m / 75m / 50m / 25m - 15s rest between each.

100m / 75m / 50m / 25m - 15s rest between each – slightly quicker this time.

#### Main Set - 'Changing Breathing Pattern 25s' (800m)

You are looking to swim smooth and relaxed. There is no pressure on pace, there is no need to rush through the stroke. Take your time and focus on your breathing patterns. Keep your stroke controlled, particularly when breathing every four or every five strokes – don't rush your strokes.

4 x 25m – breathing every two strokes. Odd 25s breathe to the left, even 25s breathe to the right.

4 x 25m – breathing every three strokes.

4 x 25m – breathing every four strokes. Again, odd 25s breathe to the left, even 25s breathe to the right.

4 x 25m – breathing every five strokes.

And then we're coming back down.

4 x 25m – breathing every five strokes.

4 x 25m – breathing every four strokes.

4 x 25m – breathing every three strokes.

4 x 25m – breathing every two strokes.

(All 25s should have a rest of 10-15s between each)

If the mood takes you, keep going with the breathing patterns. Every 6 strokes, every 7 strokes. See how you feel and how well you can control your breathing and your swim technique.

## **Cool Down (200m)**

8 x 25m easy, focusing on a long, smooth stroke (15s)

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## **Scaling**

There are many ways to scale this session.

You could do this session as part of a bigger session, using this as a warm up / pre-main set.

You could include 100m between each block of 4 x 25m, trying to hold the breathing pattern for a 100m.

Or, you could do what I did last week, and do the session twice through!

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## **Feedback**

I hope you give this session a try. If you do, let me know how you got on – and anything you learned during the session.

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