

**Lane 1 Session
September 15th 2010**

Phase Race	Technical Objectives Breathing
Warm Up	
3x50m	70% RI 20s Vary breathing on each as: BP2, BP3, BP4, BP2
1x100m	Easy BP 4 - Breathe on opposite sides for each 25m

See Over for Drill Set

<u>Main Set</u>	<u>Aerobic Development</u>
Hypoxic and Aerobic Mixed Sets	
5x50m	Swim at 70% Change BP each 50m as:- BP3, BP4, BP6, BP4, BP3
	Rest 2 Mins
2x100m	Swim 80% Aerobic Effort
	Rest 1:30 Mins
5x50m	Swim at 70% Change BP each 50m as:- BP3, BP4, BP6, BP4, BP3
	Rest 2 Mins
1x100m	Swim 80% Aerobic Effort
Warm Down	
100m	Easy Swim
2x50m	Choice Drill 25m + Swim 25m
Total Metres	1550
<i>www. T3 Performance.co.uk</i>	

Technical

<u>Technique Set</u>	Breathing Technique Objective - Improving Breathing
	Note when doing single arm breathe on 2nd stroke
1x50m	DRILL 50m Swim as 2x25m Single Arm (Vary Head Position from up to down + Change arms at 1/2 way)
1x50m	DRILL 25m/SWIM 25m Swim as 1x25m Single Arm with finger on head + 1x25m swim (Unicorn Drill)
1x50m	DRILL 50m Swim as 2x25m Single Arm (Popeye breathing/ site pool side) <i>Change sides at half way on each length</i> Popeye - one eye sights to pool side/ other in water and breathe in bow wave
1x50m	Swim as 2x25m Single Arm (Popeye breathing/ sight under water) <i>Change sides at half way on each length</i> Popeye - one eye sights to pool side/ other in water and breathe in bow wave
1x50m	DRILL 2x25m Catch Up BP 3 Sight three positions - right poolside popeye/ down / left poolside popeye
1x50m	DRILL 2x25m 123-1 Drill in Catch Up Timing Count 123 (breathe on the 3) and then add an extra stroke on the same side (a single arm extra stroke - which is the "1), and repeat

**Lane 2 Session
September 15th 2010**

Phase Race	Technical Objectives Breathing
<u>Warm Up</u>	
3x50m	70% RI 20s Vary breathing on each as: BP2, BP3, BP4, BP2
1x100m	Easy BP 4 - Breathe on opposite sides for each 25m

See Over for Drill Set

<u>Main Set</u>	<u>Aerobic Development</u>
Hypoxic and Aerobic Mixed Sets	
5x50m	Swim at 70% Change BP each 50m as:- BP3, BP4, BP6, BP4, BP3
	Rest 2 Mins
2x150m	Swim 80% Aerobic Effort
	Rest 1:30 Mins
5x50m	Swim at 70% Change BP each 50m as:- BP3, BP4, BP6, BP4, BP3
	Rest 2 Mins
2x100m	Swim 80% Aerobic Effort
<u>Warm Down</u>	
100m	Easy Swim
2x50m	Choice Drill 25m + Swim 25m
Total Metres	1750
<i>www. T3 Performance.co.uk</i>	

Technical

<u>Technique Set</u>	Breathing Technique Objective - Improving Breathing
	Note when doing single arm breathe on 2nd stroke
1x50m	DRILL 50m Swim as 2x25m Single Arm (Vary Head Position from up to down + Change arms at 1/2 way)
1x50m	DRILL 25m/SWIM 25m Swim as 1x25m Single Arm with finger on head + 1x25m swim (Unicorn Drill)
1x50m	DRILL 50m Swim as 2x25m Single Arm (Popeye breathing/ site pool side) <i>Change sides at half way on each length</i> Popeye - one eye sights to pool side/ other in water and breathe in bow wave
1x50m	Swim as 2x25m Single Arm (Popeye breathing/ sight under water) <i>Change sides at half way on each length</i> Popeye - one eye sights to pool side/ other in water and breathe in bow wave
1x50m	DRILL 2x25m Catch Up BP 3 Sight three positions - right poolside popeye/ down / left poolside popeye
1x50m	DRILL 2x25m 123-1 Drill in Catch Up Timing Count 123 (breathe on the 3) and then add an extra stroke on the same side (a single arm extra stroke - which is the "1), and repeat

**Lane 3 Session
September 15th 2010**

Phase Race	Technical Objectives Breathing
Warm Up	
3x50m	70% RI 20s Vary breathing on each as: BP2, BP3, BP4, BP2
1x150m	Easy BP 4 - Breathe on opposite sides for each 25m

See Over for Drill Set

<u>Main Set</u>	<u>Aerobic Development</u>
Hypoxic and Aerobic Mixed Sets	
6x50m	Swim at 70% Change BP each 50m as:- BP3, BP4, BP6, BP6, BP4, BP3
	Rest 2 Mins
2x150m	Swim 80% Aerobic Effort
	Rest 1:30 Mins
6x50m	Swim at 70% Change BP each 50m as:- BP3, BP4, BP6, BP6, BP4, BP3
	Rest 2 Mins
2x100m	Swim 80% Aerobic Effort
Warm Down	
100m	Easy Swim
2x50m	Choice Drill 25m + Swim 25m
Total Metres	1900
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Technical

<u>Technique Set</u>	Breathing Technique Objective - Improving Breathing
	Note when doing single arm breathe on 2nd stroke
1x50m	DRILL 50m Swim as 2x25m Single Arm (Vary Head Position from up to down + Change arms at 1/2 way)
1x50m	DRILL 25m/SWIM 25m Swim as 1x25m Single Arm with finger on head + 1x25m swim (Unicorn Drill)
1x50m	DRILL 50m Swim as 2x25m Single Arm (Popeye breathing/ site pool side) <i>Change sides at half way on each length</i> Popeye - one eye sights to pool side/ other in water and breathe in bow wave
1x50m	Swim as 2x25m Single Arm (Popeye breathing/ sight under water) <i>Change sides at half way on each length</i> Popeye - one eye sights to pool side/ other in water and breathe in bow wave
1x50m	DRILL 2x25m Catch Up BP 3 Sight three positions - right poolside popeye/ down / left poolside popeye
1x50m	DRILL 2x25m 123-1 Drill in Catch Up Timing Count 123 (breathe on the 3) and then add an extra stroke on the same side (a single arm extra stroke - which is the "1), and repeat

**Lane 4 Session
September 15th 2010**

Phase	Technical Objectives
Race	Breathing

Warm Up

3x50m	70% RI 20s Vary breathing on each as: BP2, BP3, BP4, BP2
1x150m	Easy BP 4 - Breathe on opposite sides for each 25m

See Over for Drill Set

Main Set

Aerobic Development

Hypoxic and Aerobic Mixed Sets

8x50m	Swim at 70% Change BP each 50m as:- BP3, BP4, BP5, BP6, BP6, BP5, BP4, BP3
	Rest 2 Mins
2x200m	Swim 80% Aerobic Effort
	Rest 1:30 Mins
8x50m	Swim at 70% Change BP each 50m as:- BP3, BP4, BP5, BP6, BP6, BP5, BP4, BP3
	Rest 2 Mins
2x150m	Swim 80% Aerobic Effort

Warm Down

100m	Easy Swim
2x50m	Choice Drill 25m + Swim 25m

Total Metres	2300
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Technical

<u>Technique Set</u>	Breathing Technique Objective - Improving Breathing
	Note when doing single arm breathe on 2nd stroke
1x50m	DRILL 50m Swim as 2x25m Single Arm (Vary Head Position from up to down + Change arms at 1/2 way)
1x50m	DRILL 25m/SWIM 25m Swim as 1x25m Single Arm with finger on head + 1x25m swim (Unicorn Drill)
1x50m	DRILL 50m Swim as 2x25m Single Arm (Popeye breathing/ site pool side) <i>Change sides at half way on each length</i> Popeye - one eye sights to pool side/ other in water and breathe in bow wave
1x50m	Swim as 2x25m Single Arm (Popeye breathing/ sight under water) <i>Change sides at half way on each length</i> Popeye - one eye sights to pool side/ other in water and breathe in bow wave
1x50m	DRILL 2x25m Catch Up BP 3 Sight three positions - right poolside popeye/ down / left poolside popeye
1x50m	DRILL 2x25m 123-1 Drill in Catch Up Timing Count 123 (breathe on the 3) and then add an extra stroke on the same side (a single arm extra stroke - which is the "1), and repeat