

Breathing & Rhythm

Warm Up (400)

200 FS + 200 FS w/PB

Breathing Drill Set (300)

6 X 50 +10s w/breathing pattern:

1. B2-R every other stroke, to right
2. B2-L every other stroke, to left
3. B3 every 3rd stroke
4. B4 every 4th stroke
5. B5 every 5th stroke
6. B2, B3, B2, B3... (popular in OWS)

Main Set (2000)

10 X 200 +15s focus on seamless breathing;
repeats # 2, 4, 6, 8 w/PB

Cool Down (200-400)

200-400 Choice