**Need Help with your Breathing? try this session: (1800mtrs)**  
**400mtr warm up:**   
Freestyle Easy:1 min Recovery:  
**Main Set:**   
Take 30 Seconds Recovery between each Set  
**4x50mtrs** Freestyle as  
1st Set 50mtrs Breathe every 3rd Stroke  
2nd Set 50mtrs Breath every 5th Stroke  
3rd Set 50mtrs Breathe every 3rd Stroke  
4th Set 50mtrs Breathe every 7th Stroke   
1 minute Recovery:  
**2x200mtrs:** with 1 minute between each 200mtrs:   
1 Min Recovery   
**4x100mtrs Drills:** 30 seconds Recovery between each 100mtrs:  
**Set 1:** 50mtrs single arm change arm @ 25mtrs followed by 50mtrs Swim.  
**Set 2:** 50mtrs finger drag followed by 50mtrs Swim:  
**Set 3**: 50mtrs Catch up  followed by 59mtrs Swim:  
**Set 4:** 50mtrs single arm change arm @ 25mtrs followed by 50mtrs Swim:  
1 min Recovery:  
**Sprints:**  
**3x100mtrs:** as 25mtrs Easy increasing effort after then full on effort for the last 25mtrs:  
30 Seconds Recovery between each 100mtrs.  
**Cool-down:**   
**100mtrs** Easy swim choice of strokes:

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