



## THE BREATHING PYRAMID

A set to build your lung capacity. Longer distances combined with breathing control will help you work harder for longer when it comes to your ride

2,000

Total

Lungs

60 Minutes

Intermediate

Set	Exercise	Reps	Time	Instructions & Tips
<b>Warm Up</b>	1	Freestyle	1 x 200m	
	2	Freestyle Kick	1 x 50m	
	3	Backstroke Kick	1 x 50m	
	4	Freestyle	1 x 200m	
	5	Freestyle Kick	1 x 50m	
	6	Backstroke Kick	1 x 50m	
<b>Main Set</b>	7	Freestyle	6 x 150m	Adjust breathing pattern by length, breathing every 3 for the first 25m, then 5, 7,9,7,5 thereafter Coach Tip: 30 second rest between each 150m
	8	Freestyle	1 x 100m	
	9	Backstroke	1 x 100m	