

Hypoxic training. Workout #8

Be careful and have a lifeguard watching you.

Warm up

4 x 25s Freestyle
2 x 50s Breaststroke
1 x 100 Backstroke
2 x 50s freestyle breathing every 5 strokes
4 x 25s Kick

Main set

5 x 25s Underwater breaststroke pull outs (Resting as much as you need)
5 x 25s Underwater dolphin kick with fins (Resting :20 to :30 seconds)
4 x 25s No breather sprint freestyle (Resting :20 to :40 seconds)
100 backstroke easy
4 x 25s No breather sprint butterfly (Resting :10 to :30 seconds)

4 x 50s Not breathing on 6 strokes before the turn and until de second stroke
4 x 50s Not breathing on 2 strokes before the turn, 5 or 6 underwater dolphin kick and until de second stroke take a breath.

Warm down

2 x 75s easy backstroke

Stretch for 12 minutes

Total 1,600