

Front Crawl

Breathing & Breath Control Session Plans

Level: Improver

Stroke: Front Crawl

Focus: Breathing and Breath Control

Target Age: 7–10 years

Total Distance: 400–600m

Session Time: ~25 minutes

Difficulty Rating: Medium

Part of Set	Stroke	Drill	Explanation	Set & Repetitions	Distance & Time
Warm-Up	Front Crawl	Bubble Blowing	Encourage swimmers to blow bubbles into the water while holding the pool wall. Focus on slow, consistent exhaling.	3x30 seconds with breaks	No distance, 5 mins
Main Set	Front Crawl	Side Breathing Drill	With a kickboard, swimmers practice turning their head to the side to breathe while maintaining a straight body position. Focus on exhaling underwater.	4x25m	100m, 8 mins
Main Set	Front Crawl	Catch-Up Drill with Breathing	One arm strokes while the other stays extended. Swimmers breathe after each stroke, focusing on rhythm and timing.	4x25m	100m, 8 mins
Specialist Set	Front Crawl	3-2-1 Breathing Pattern	Alternate breathing every 3, 2, and 1 strokes to practice flexible breath control.	3x25m	75m, 5 mins
Cool Down	Front Crawl	Relaxed Swim	Focus on relaxed, rhythmic breathing and smooth strokes.	2x25m	50m, 4 mins

Front Crawl

Breathing & Breath Control Session Plans

Level: Stroke Development

Stroke: Front Crawl

Focus: Breathing and Breath Control

Target Age: 8+ years

Total Distance: 800–1000m

Session Time: ~25 minutes

Difficulty Rating: Medium to Difficult

Part of Set	Stroke	Drill	Explanation	Set & Repetitions	Distance & Time
Warm-Up	Front Crawl	Breath Timing Drill	Swimmers practice timing their breaths with a slow, relaxed stroke. Emphasise a smooth rhythm and consistent exhaling.	4x25m	100m, 6 mins
Main Set	Front Crawl	Bilateral Breathing Drill	Swimmers breathe alternately on both sides to develop balance and improve oxygen intake.	6x50m	300m, 10 mins
Main Set	Front Crawl	Pyramid Breathing Challenge	Swimmers increase stroke counts between breaths: start with every 3 strokes, then 5, 7, and back down.	3x50m	150m, 7 mins
Specialist Set	Front Crawl	Underwater Glide and Kick	Push off the wall and glide underwater while exhaling. Kick for propulsion and surface to breathe as needed.	4x25m	100m, 6 mins
Cool Down	Front Crawl	Relaxed Swim with Focus on Technique	Swimmers practice smooth, rhythmic strokes with controlled breathing to relax muscles.	2x50m	100m, 4 mins



Front Crawl

Breathing & Breath Control Session Plans

Key Focus Points: Feedback and Corrections

1. **Body Position:** Maintain a streamlined, horizontal body position to minimise drag.
2. **Leg Kick:** Use small, continuous kicks from the hips to aid propulsion without wasting energy.
3. **Arms:** Ensure a high elbow recovery and extend fully before pulling back. Avoid crossing the centreline.
4. **Breathing:** Practice exhaling fully underwater and turning the head smoothly to inhale.
5. **Timing:** Achieve a balanced rhythm between strokes and breathing to avoid overexertion.