

# Arcady's Bilateral Breathing Clinic Workout

(<https://arcady.genkin.ca/2026/05/arcadys-bilateral-breathing-clinic-workout/>)

**Pool Length:** 25 yards

**Total Distance:** 2,150 yards (approx. 1 hour)

**Required Equipment:** Pull buoy, small paddles, snorkel, and fins.

## Warm Up (250 yds)

- **100 yds – Freestyle Pull** (with buoy and paddles)  
*Breathing on 2 to the weak side.* Swim at a relaxed pace. Keep your forward arm fully extended until the breath is complete and your face is back in the water. Ensure the bottom goggle remains submerged during the breath.
- **3 × 50 yds – Fingertip Drag Drill** (with snorkel)  
Swim at a relaxed pace. Focus on rotating your body evenly to both sides, paying special attention to the weak side. Ensure your armpit is exposed above the water during hand recovery.

## Main Set (1,800 yds)

- **4 × 50 yds – Broken Arrow Drill** (with fins)  
Maintain normal swimming speed. Take one stroke, take a breath, lift the recovering arm up, and hold for 2–3 seconds. Finish the recovery, take another stroke, and repeat. Breathe once per stroke (alternating sides). Keep one goggle submerged during the breath.
- **4 × 50 yds – Freestyle, Breathing on 3** (with fins)  
Maintain a relatively fast speed. Breathe every 3rd stroke to alternate sides. Focus on proper head position on the weak side and resist the urge to press down with your front arm during the breath.
- **4 × 100 yds – Freestyle Pull** (with buoy and paddles)  
*Breathing on 2 to the weak side.* Aim for a relaxed pace with firm, strong pulls to generate enough speed for an air pocket. Focus on timing the breath with body rotation and keeping your neck straight.
- **200 yds – Choice**  
Customizable (e.g., dolphin kick on your back).
- **6 × 50 yds – Flutter Kick on the Side** (with fins)  
25 yds on one side, 25 yds on the other. Start with your weak side up. Keep the lower arm extended forward and the face down, rotating the head for a quick breath every 6 kicks. Keep your neck straight.
- **200 yds – Choice**  
Customizable (e.g., front dolphin kick).
- **6 × 50 yds – Single Arm Freestyle** (with fins)  
Keep the non-working arm by your hip. Breathe to the *opposite* side of the working arm (e.g., if the right arm is pulling, breathe left). Swim the first 25 yds breathing to your weak side, then switch for the return length. Focus on full body rotation and feeling the connection between the stroke and your hips.

## Cool Down (100 yds)

- **100 yds – Choice**  
Relaxed swim to cool down (e.g., breaststroke).