



SwimForTri - the swim improvement specialists

SwimForTri, based in London, is a swim technique and coaching organisation with a tremendous reputation in the world of swimming and triathlon. It's run by brother and sister team, Dan and Keeley Bullock who share over 30 years' experience of competitive swimming, coaching, teaching and direct involvement with the sport of Triathlon as competitors and coaches. Recent accolades include the 220 Tri Coach of the Year and London Region Tri Coach of the Year awards.

Dan Bullock, SwimForTri coach and founder, is a competitive swimmer and has been integrating POWERbreathe training into his swim training sessions. Dan has devised a specific swimming POWERbreathe training protocol that can be integrated poolside:

"Historically swimmers originally used the notion of Hypoxic training to incorrectly recreate altitude training. We still do breath holding sets but mostly this is for a chance to keep the head still and work on technique (the cheaper alternative to a central snorkel!). The wisdom of Professor McConnell has now brought some science to these vague concepts that we used to hope would help our training, as we used the guidelines that if it hurt, was painful or had us seeing stars it was probably doing some good!"

POWERbreathe TOP TIP for improved swim performance:

"During a training camp recently I stumbled on the idea of using 'quantity of breaths' as a device to measure a rest period. This was brought about while the 'clock was broken' on Poolside and I had my POWERbreathe to hand. I was swimming sets such as: "

- **10x200s FC rest 15 deep POWERbreathe breaths between each 200**
- **10x100s FC rest 10 deep POWERbreathe breaths between each 100**

- **10x 50s FC rest 5 deep POWERbreathe breaths between each 50**

“Over the course of a week of training I felt my fitness improve dramatically using this ‘active recovery’ style of rest. Three fly kicks off each wall in the submerged streamlined position became 6 fly kicks very quickly. A 63-minute ‘5K swimathon’ came about soon after my return. I have now been using this device regularly as the control of my breathing now feels so strong.”