

10 Steps to Master Breathing for Swimming at Home

By Katrice Rodrigues | Swim Fearless

Swim England Teacher Since 1996 • Advanced Aquaphobia Coach • Award-Winning Speaker

This guide takes you through 10 proven steps you can practise from home — no pool required. Start with a bowl of water, your bathroom sink, or the shower. Take your time with each step and only move on when you feel comfortable and confident. There is no rush. Progress is progress.

1

Wet & Splash Your Face

With your eyes closed, wet your face and gently splash water onto it. Then slowly open and blink your eyes.

★ *Tip: Wipe your face from top to bottom to get used to the sensation. This retrains your brain to stay calm when water touches your face.*

2

Mouth in — Open, Don't Drink

Lower just your mouth into the water and open it slightly. Focus on keeping calm. The goal is to feel safe, not to swallow water!

★ *Tip: Your instinct is to tense up — breathe slowly before you dip. A calm mind leads to a calm body.*

3

Mouth in — Blow Bubbles

Place your mouth in the water and gently blow bubbles out through your mouth. Exhaling into water is a fundamental swimming skill.

★ *Tip: Make it fun — imagine you're a fish! The more relaxed you are, the easier this becomes.*

4

Mouth & Nose in — Blow Out Through Your Nose

Lower both your mouth and nose into the water. Blow bubbles out through your nose with your mouth closed.

★ *Tip: Blowing out through your nose creates positive pressure that prevents water going up your nose. This is your secret weapon!*

5

Mouth & Nose in — Blow Out Through Both

Lower your mouth and nose and blow bubbles out through both your mouth and your nose together.

★ *Tip: This is the technique used in all swimming strokes. You're already doing what swimmers do!*

6

Full Face in — Hold Your Breath & Blink

Submerge your whole face, hold your breath, and try to blink under the water. Stay calm and lift your head when ready.

★ *Tip: Goggles can help here, but also practise without — in an emergency you won't always have them.*

7

Full Face in — Blow Bubbles Out Through Your Mouth

Submerge your full face and exhale bubbles gently out through your mouth. This is controlled, confident breathing.

★ *Tip: Think of this as controlled calm. If you feel the urge to rush up — pause, slow down, and breathe out slowly.*

8

Full Face in — Blow Bubbles Out Through Your Nose

Full face in the water, exhale through your nose only. Keep your lips gently closed.

★ *Tip: Practice blowing bubbles out of your nose in the shower first — it's great preparation!*

9

Full Face in — Blow Bubbles Out Through Nose & Mouth

Full face submerged, exhale through both nose and mouth simultaneously. This is the full swimming breath-out technique.

★ *Tip: You are now breathing like a swimmer. This is a massive milestone — celebrate it!*

10

Full Face in — Hold for 3 Seconds, Repeat 5 Times

Submerge your full face, exhale through both nose and mouth for 3 seconds. Come up, breathe in, and repeat 5 times.

★ *Tip: Try this standing and marching on the spot once you're confident — it mimics the rhythm of swimming and builds your fitness at the same time!*

★ Bonus Top Tips

Goggles? Practise with AND without goggles. In an emergency, you won't always have them — so train both ways.

No nose clips! Avoid nose clips when learning. Blowing out through your nose is a core swimming skill. Clips remove that learning opportunity.

Kids & grandkids You can do all of these steps with children. Turn it into a bubble challenge — make it fun and you'll save money on swimming lessons too!

Box Breathing Before getting in the water, try box breathing: inhale for 4 counts, hold for 4, exhale for 4, hold for 4. It resets your nervous system.

State Management If you feel panic rising — stop, stand, and breathe. Your feelings are valid. There is no timeline here. You are doing brilliantly.

Ready to take the next step?
Join the FREE Swim Fearless Warrior Tribe WhatsApp Community
or book an online coaching session with Katrice

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From Fear to Fearless. One Swimmer at a Time.