

Lane Swim Fitness Plan

12

Lengths

Session 1

Equipment: Noodle
(optional)

Warm Up

- Swim two lengths with a swim stroke of your choice, easy effort.
- Try to relax the body and your breathing.

Skill Development

- Holding the side of the pool with both hands, extend your legs behind and kick for 20 seconds.
- Repeat two more times.
- Aim to keep your hips close to the surface.
- If your hips sink, try putting your face in the water.

Main Set

- Swim 4 x 1 length with kick of your choice with a noodle.
- Swim 4 x 1 length with swim stroke of your choice.
- Swim at steady effort. Rest between 20 and 30 seconds after each length.

Swim Down

- Swim two lengths with a swim stroke of your choice. Swim at easy effort.
- Lengthen your stroke to stretch out your muscles and aid recovery.