

Lane Swim Fitness Plan

38

Lengths

Session 10

Equipment: Pull Buoy

Warm Up

- Swim 6 lengths at easy effort.
- Alternate between one length using a stroke on the front and one length using backstroke.

Skill Development

- Swim 3 x 2 lengths using a stroke of your choice.
- Count the number of strokes on the first length, and aim to hold the same number of strokes on every subsequent length.
- Swim the skill development set at steady effort, resting for 20 seconds after every two lengths.

Main Set

- Swim 8 x 1 length at very hard effort using a stroke of your choice. Rest for 30 seconds after every length.
- Try to maintain your stroke technique at this effort level.
- Next, swim 6 x 2 lengths, running through the following sequence twice:
 1. One length of front crawl followed by one length of breaststroke.
 2. One length of breaststroke followed by one length of backstroke.
 3. One length of backstroke followed by one length of front crawl.
- Swim these 12 lengths at steady effort, resting for 20 seconds after every two lengths.

Swim Down

- Swim 6 lengths at easy effort, using a stroke of your choice.
- Try to keep your strokes long and relaxed.