

Lane Swim Fitness Plan

40

Lengths

Session 11

Equipment: Fins (optional)

Warm Up

- Swim 3 x 2 lengths using a stroke of your choice at easy effort.
- Rest for 10 seconds after every two lengths.
- Focus on inhaling when your head is out of the water and exhaling under the water. Use small, relaxed and controlled breaths.

Skill Development

- Swim 6 x 1 length using front crawl kick on your side.
- Your front arm should be outstretched under the water and your top arm will be against your side.
- Use a small kick. Using fins – if they are available – will help with this exercise.
- Change sides every five metres as you swim down the length. To change sides, perform a front crawl arm pull and rotate to the other side, taking a breath if needed.
- Rest for 15 seconds after each length.

Main Set

- Swim 8 lengths using a stroke of your choice at steady effort.
- Rest for 60 seconds after completing these eight lengths.
- Next, swim 4 x 2 lengths using a stroke of your choice at easy effort, focusing on your breathing.
- Rest for 15 seconds after every two lengths.
- Finally, swim 2 x 4 lengths using a stroke of your choice at steady effort.
- Rest for 20 seconds after every four lengths.

Swim Down

- Swim 4 lengths at easy effort, using a different stroke to the main set.