

Lane Swim Fitness Plan

44

Lengths

Session 12

Equipment: None

Warm Up

- Swim 4 lengths using a stroke of your choice.
- Count the number of strokes used during each length and try to keep that number consistent for future lengths.
- Rest for 20 seconds, then swim another 4 lengths using a different stroke, at easy effort

Skill Development

- Swim 2 x 3 lengths of front crawl using:
 1. Length 1 – breathe every two strokes to your preferred side.
 2. Length 2 – breathe every two strokes to the other side.
 3. Length 3 – breathe every three strokes.
- Think about keeping your head low to the water when you take a breath.
- Use your hips and shoulders to rotate.
- Rest for 30 seconds after every three lengths.

Main Set

- Swim 6 x 2 lengths using a stroke of your choice at hard effort.
- Rest for 15 seconds after every two lengths, then 60 seconds after completion.
- Next, swim 4 x 2 lengths using a different stroke at hard effort.
- Rest for 30 seconds after every two lengths.
- Finally, swim 2 x 2 lengths using a stroke of your choice at very hard effort.
- Rest for 30 seconds after every two lengths.

Swim Down

- Swim 3 x 2 lengths using a stroke of your choice at easy effort.
- Try to stretch out each stroke, aiming to use two or three different strokes to help stretch your muscles.
- Rest as needed after every two lengths.