

Lane Swim Fitness Plan

48

Lengths

Session 13

Equipment: Pull Buoy and Kickboard

Warm Up

- Swim 8 lengths at easy effort, alternating between a length of front crawl and a length of backstroke

Skill Development

- Swim 8 x 1 length using front crawl at steady effort.
- Breathe every three strokes.
- As each hand enters the water, say 'bubble' out loud under the water. When you turn your head to breathe, say 'breathe' in your head.
- This will help relax your breathing and maintain a rhythm.

Main Set

- Swim 4 x 1 lengths using arms only with a pull buoy. Aim to keep your legs still.
- Kick for 4 x 1 lengths using a kickboard and a kick of your choice.
- Swim 4 lengths using a stroke of your choice.
- For all of the above, swim at steady effort and rest for 15 seconds after each length.
- Next, swim 4 x 2 lengths using a stroke of your choice at hard effort.
- Rest for 30 seconds after every two lengths.
- Finally, swim 3 x 2 lengths alternating between one length using your first choice stroke and one length of your second choice stroke. Swim at hard effort.
- Rest for 30 seconds after every two lengths.

Swim Down

- Swim 2 x 3 lengths at easy effort, alternating between three different strokes for each length.