

Lane Swim Fitness Plan

50

Lengths

Session 14

Equipment: Fins (optional)
and pace clock or stopwatch

Warm Up

- Swim 2 lengths using your second favourite stroke.
- Then swim 4 lengths using your favourite stroke and another 2 lengths of your second choice of stroke.
- Swim all 10 lengths at easy effort, trying to keep relaxed to warm up your muscles.

Skill Development

- Swim 10 x 1 length using fins, and resting for 15 seconds after each length.
- Swim the first half of each length using a kick on your side.
- Your front arm will be outstretched under the water while your top arm will be against your side. You will only need a small kick.
- Half way through each length, switch to full stroke front crawl. Make sure you maintain a rotation with your hips and shoulders.
- Swap the side you kick for each length.

Main Set

- Swim 16 lengths using your favourite stroke at steady effort.
- Rest for 60 seconds after completing.
- Time your swim using a pace clock or stopwatch.
- Try to improve your 400m time with each attempt.
- After your 60 second break, swim another 8 lengths at steady effort using your second stroke.
- Rest for another 60 seconds after completing.

Swim Down

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