

# Lane Swim Fitness Plan

# 54

Lengths

## Session 15

**Equipment:** Kickboard

### Warm Up

- Swim 8 lengths at easy effort, alternating between front crawl and breaststroke for each length.
- Rest for 30 seconds after completion.

### Skill Development

- Swim 5 x 2 lengths at steady effort using your favourite stroke.
- Start each length with a push and glide in a streamlined position with your hands outstretched one on top of the other.
- Your face should be in the water between your arms with your hips close to the surface, legs straight and together, and your toes pointed.
- Rest for 20 seconds after every two lengths.

### Main Set

- Kick 12 x 1 length at maximum effort with a kickboard. Alternate between your favourite and second favourite kick with each length.
- Rest for 15 seconds after each length.
- Next, swim 12 x 1 length at maximum effort using your favourite stroke.
- Rest for 20 seconds after each length.
- Finally, swim 4 x 1 length at maximum effort using your second favourite stroke.
- Again, rest for 20 seconds after each length.

### Swim Down

- Repeat your 8-length warm-up, alternating lengths between front crawl and breaststroke at easy effort.