

Lane Swim Fitness Plan

60

Lengths

Session 16

Equipment: Pull Buoy

Warm Up

- Swim 6 lengths at easy effort using your favourite stroke. Try to relax your body and breathing in this warm up.
- Rest for 30 seconds, then swim another 4 lengths of your second favourite stroke at easy effort.
- Rest for another 20 seconds before starting the skill development set.

Skill Development

- Swim 5 x 2 lengths of front crawl arms using a pull buoy to assist.
- Hold the pull buoy between your thighs and try to keep your legs still. Focus on making sure your arms pull all the way down to your hips.
- Remember to maintain your rotation throughout the stroke.
- Rest for 20 seconds after every two lengths.

Main Set

- Swim through the following 'pyramid set' at steady effort, using a stroke of your choice.
 1. 2 lengths, rest 20 seconds.
 2. 4 lengths, rest 30 seconds.
 3. 6 lengths, rest 30 seconds.
 4. 8 lengths, rest 40 seconds.
 5. 6 lengths, rest 30 seconds.
 6. 4 lengths, rest 30 seconds.
 7. 2 lengths, rest 20 seconds.

Swim Down

- Swim 8 lengths at easy effort, using a different stroke to your main set.