

Lane Swim Fitness Plan

62

Lengths

Session 17

Equipment: Fins

Warm Up

- Swim two sets of the following at easy effort and resting for 20 seconds after two or three lengths:
 1. 2 lengths using your second favourite stroke.
 2. 3 lengths using your favourite stroke.

Skill Development

- Kick 6 x 2 lengths using fins.
- Keep your arms by your side throughout this drill, alternating between a length on your front and a length on your back.
- While on your front, focus on your head position. You should be looking down at a point a metre in front of you.
- When you do need to breathe, do a breaststroke arm pull to lift the head out of the water. Return to the same position after this breath.

Main Set

- Swim 8 x 2 lengths at very hard effort, using your favourite stroke.
- Rest for 30 seconds after every two lengths.
- Focus on maintaining your technique at this higher effort level.
- Next, swim 4 x 4 lengths using front, crawl, breaststroke, front crawl, backstroke for each set of four lengths.
- Swim this at steady effort and rest for 20 seconds after every two lengths.

Swim Down

- Swim 2 lengths using your second favourite stroke at easy effort.
- Rest for 20 seconds, then swim 4 lengths of your favourite stroke at easy effort.
- Rest for another 20 seconds, then swim 2 more lengths of your favourite stroke at easy effort.