

Lane Swim

Fitness Plan

66

Lengths

Session 18

Equipment: None

Warm Up

- Swim 12 lengths at easy effort, alternating between front crawl and breaststroke with every length.

Skill Development

- Swim 6 x 2 lengths using the stroke you will complete the 400m part of the main set with.
- Swim at steady effort, counting the number of strokes you use on the first length then aiming to maintain this number on subsequent lengths.
- Rest for 15 seconds after every two lengths.
- Focus on long, strong and relaxed strokes.

Main Set

- Swim 16 lengths at steady effort with your favourite stroke.
- Rest for 60 seconds, then swim 8 lengths at steady effort using your second favourite stroke.
- Rest for another 60 seconds before swimming 4 x 2 lengths at hard effort with your first choice of stroke.
- Rest for 30 seconds after every two lengths.

Swim Down

- Swim 10 lengths at easy effort, alternating between a length using kick-only on your back and a length of full stroke.