

Lane Swim Fitness Plan

72

Lengths

Session 19

Equipment: None

Warm Up

- Swim 4 lengths at easy effort using your favourite stroke.
- Rest for 20 seconds before swimming 3 lengths of your third favourite stroke at easy effort.
- Rest another 20 seconds, then swim 3 lengths of your second favourite stroke at easy effort.
- Rest another 20 seconds, then finish your warm up with 4 lengths of your favourite stroke at easy effort.

Skill Development

- Swim 7 x 2 lengths at steady effort, using a stroke of your choice.
- Start each length with a push and glide in a streamlined position. Your hands should be 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.
- Hold the glide each time until you stop moving forwards. (cont.)

Try to use your core to stay flat and not wobble. Continue your stroke to the turn.

- Rest for 20 seconds after every two lengths.

Main Set

- Swim 20 lengths using your favourite stroke, alternating between one length of hard effort and one length of easy effort.
- Rest for up to 60 seconds then swim 12 lengths using your second favourite stroke, again alternating between a length at hard effort and a length at easy effort.
- Rest for up to 60 seconds and, if you would like, swim another 2 lengths at steady effort using your third choice of stroke.

Swim Down

- Swim 5 x 2 lengths at easy effort using a stroke of your choice.
- Aim to use two or three different strokes in your swim down.
- Stretch out each stroke you take, thinking about how your push and glide on each length stretches the muscles in your upper body. Rest as needed after every two lengths.