

Lane Swim Fitness Plan

80

Lengths

Session 20

Equipment: Kickboard and
Fins

Warm Up

- Swim the following 'pyramid' set using front crawl at easy effort:
 1. 1 length, breathing every five strokes.
 2. 2 lengths, breathing every four strokes.
 3. 3 lengths, breathing every three strokes.
 4. 4 lengths, breathing every two strokes.
 5. 3 lengths, breathing every three strokes.
 6. 2 lengths, breathing every four strokes.
 7. 1 length, breathing every five strokes.

Skill Development

- Hold the side with two hands and do 4 x 30 seconds of front crawl kicking at hard effort.
- Rest for 15 seconds between each and make sure you are mindful of others in the pool.
- Next, kick 7 x 2 lengths at steady effort using front crawl kick, with a kickboard if required.
- Hold the kickboard in your hands with your arms outstretched. Your chin should be close to the surface and your hips and legs should be just under the surface.
- If fins are available, use these for the last 2 x 2 lengths of this set.
- Rest for 15 seconds after every two lengths.

- Focus on a small kick from the hips with your ankles relaxed.

Main Set

- Swim 4 x 2 lengths at steady effort, using a stroke of your choice. Rest for 15 seconds after every two lengths.
- Next, swim 2 x 4 lengths at steady effort, using a stroke of your choice. Rest for 30 seconds after every four lengths.
- Now swim 8 lengths, again at steady effort and using a stroke of your choice.
- Rest for 15 seconds before swimming 2 x 4 lengths at hard effort with a stroke of your choice. Rest for 30 seconds after every four lengths.
- Finally, swim 4 x 2 lengths at hard effort with the stroke of your choice. Rest for 20 seconds after every two lengths.

Swim Down

- Swim 10 lengths using a stroke of your choice.
- Kick your legs for maximum effort for the first 5m of the length, before finishing the length at easy effort using a full stroke.
- Use the lane markings to help judge your distance.