

# Lane Swim Fitness Plan

18

Lengths

## Session 3

**Equipment:** Kickboard

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### Warm Up

- Swim two lengths, alternating between one length using a stroke on the front and one length on the back.
- Swim at easy effort during the warm up.

### Skill Development

- Using just your legs, kick 2 x 1 length using a kick of your choice using a kickboard.
- Hold out the kickboard on the surface of the water if on your front, or have your arms by your side if on your back.
- Rest for 15 seconds after each length.
- If you are swimming breaststroke, aim to kick heels together.
- If you are swimming front crawl, keep your legs stretched and use a small kick at the surface of the water.
- If you are swimming backstroke, keep your legs stretched and your toes pointed.

### Main Set

- 8 x 1 length using a swim stroke of your choice. Count the number of strokes on the first length. Aim to match that number on subsequent lengths.
- Swim at steady effort and rest for 20 seconds after each length.
- After your 8 x 1 set, swim another four lengths continuously at your own pace.
- Aim to stay relaxed throughout.

### Swim Down

- Swim two lengths, alternating between a length on the front and a length on the back.
- Swim at easy effort.