

Lane Swim Fitness Plan

20

Lengths

Session 4

Equipment: None

Warm Up

- Swim 2 x 2 lengths using a stroke of your choice, at easy effort.
- Rest for 20 seconds after every two lengths.
- Focus on inhaling when your head is out of the water and exhaling under the water.
- Use small and controlled breaths.

Skill Development

- Staying at the side of the pool, practice your breathing pattern for six repetitions.
- Inhale with your head low to the surface and take a small breath in. Then exhale in a relaxed manner under the water.
- Try exhaling in different ways, e.g. through the nose, through the mouth, through nose and mouth, to both sides.
- After this practice, swim two lengths using a stroke of your choice. Focus on trying your preferred breathing pattern.

Main Set

- Swim 4 x 3 lengths using a stroke of your choice. Swim at steady effort, resting for 30 seconds after every three lengths.
- Aim to keep your breathing relaxed throughout.

Swim Down

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