

# Lane Swim Fitness Plan

# 24

Lengths

## Session 5

**Equipment:** Kickboard and  
Fins (both optional)

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### Warm Up

- Swim 2 x 2 lengths using a stroke of your choice. Try to keep the same number of strokes for each length.
- Swim at easy effort and rest for 20 seconds after every two lengths.

### Skill Development

- Using just your legs, kick on your side 4 x 1 length of front crawl. Your front arm should be outstretched under water and your top arm against your side. Use a small kick, changing sides after each length.
- Use fins or a kickboard (underneath the outstretched arm), if they are available, to help provide additional support if required.
- Rest for 15 seconds after each length.

### Main Set

- Swim 6 x 2 lengths using a stroke of your choice. Alternate between one length of hard effort and one length of easy effort. Rest for 30 seconds after every two lengths.
- Aim to keep your breathing relaxed throughout.

### Swim Down

- Swim 2 x 2 lengths using a stroke of your choice. Try to let your breathing return to normal.
- Swim at easy effort.