

Lane Swim Fitness Plan

28

Lengths

Session 6

Equipment: Kickboard

Warm Up

- Swim 2 x 3 lengths, alternating lengths between front crawl and backstroke.
- Swim at easy effort and rest for 30 seconds after every three lengths.

Skill Development

- Swim 2 x 1 lengths using a stroke of your choice.
- Swim the first length at steady effort, focusing on relaxed stroke and good technique, then swim the second length at hard effort.
- Rest 15 seconds after each length.

Main Set

- Swim 4 x 1 length using a stroke of your choice. Count the number of strokes on the first length then aim to match that number on the subsequent lengths.
- Swim at steady effort and rest for 15 seconds after each length.

- Follow this by kicking 4 x 1 length using a kick of your choice. Use either a kickboard or have your arms by your side if on your back.
- Swim this at steady effort and rest for 15 seconds after each length.
- Finish the main set with 4 x 2 lengths using a stroke of your choice. Aim to match the number of strokes per length as the start of set.
- Swim these final eight lengths at steady effort. Rest for 20 seconds after every two lengths.

Swim Down

- Swim 2 x 2 lengths using a stroke of your choice.
- Swim at easy effort and rest for 15 seconds after every two lengths.
- Try to keep a steady, constant kick throughout the swim down to help your legs recover.