

Lane Swim Fitness Plan

30

Lengths

Session 7

Equipment: Kickboard

Warm Up

- Using a stroke of your choice, swim 4 lengths at easy effort, then rest for 30 seconds.
- Try to relax the body and your breathing in this warm up.
- Finish the warm up with 2 lengths of a second stroke of choice. Swim these two lengths at easy effort, then rest for 20 seconds.

Skill Development

- Kick 4 x 1 length, alternating between one length using a stroke of your choice, and one length using your second stroke of choice.
- Rest for 15 seconds after each length.
- For breaststroke and front crawl, hold a kickboard in both hands with arms outstretched in front. For backstroke, keep your arms by your side.

Main Set

- Swim 6 x 1 length using a stroke of your choice. Swim at hard effort and rest for 15 seconds after each length.
- Swim 3 x 2 lengths using a stroke of your choice. Swim at steady effort, resting for 20 seconds after every two lengths.
- Finish the main set by swimming 4 lengths using a stroke of your choice at steady effort.

Swim Down

- Swim 4 lengths at easy effort, using a different stroke to the main set.