

# Lane Swim Fitness Plan

32

Lengths

## Session 8

Equipment: None

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### Warm Up

- Swim 6 lengths using a swim stroke of your choice at easy effort. Rest for 40 seconds after this warm up.
- Think about your technique during this warm up.
- If you are swimming breaststroke, make sure you are breathing every stroke. If you are swimming front crawl, try to breathe every three strokes. This is called bilateral breathing. It keeps the stroke balanced.
- If you are swimming backstroke, aim to keep your eyes looking at the ceiling throughout, and your ears below the surface of the water.
- Hips close to the surface.
- Legs straight and together with toes pointed.
- Swim the skill development set at steady effort. Rest for 20 seconds after every two lengths.

### Main Set

- Swim 4 x 4 lengths using a swim stroke of your choice.
- Swim the first length at easy effort, the second length at steady effort, the third length at hard effort and the fourth length at very hard effort.
- Rest for 40 seconds after every four lengths.

### Skill Development

- Swim 3 x 2 lengths using a swim stroke of your choice.
- Start each length with a push and glide and focus on these technique points:
  - Maintain a streamlined position.
  - Hands outstretched one on top of the other.
  - Face in the water between arms.

### Swim Down

- Swim 4 lengths at easy effort, alternating between one length of backstroke and one length of breaststroke.
- Try to lengthen your stroke to stretch out your muscles to aid recovery.