

Lane Swim Fitness Plan

36

Lengths

Session 9

Equipment: Pull Buoy

Warm Up

- Swim 3 lengths at easy effort using a swim stroke of your choice.
- Rest for 20 seconds then swim another 3 lengths at easy effort using your second stroke of your choice.

Skill Development

- Swim 4 x 1 length with front crawl arms only using a pull buoy.
- Hold the pull buoy between your thighs and try to keep your legs still as you swim.
- Focus on making sure your arms pull all the way down to your hips on each stroke.
- Rest for 15 seconds after each length.

Main Set

- Swim 4 x 4 lengths at steady effort using a swim stroke of your choice.
- Rest for 40 seconds after every four lengths.
- Aim to keep your breathing relaxed and remember to exhale under the water.
- Finish the main set by swimming 4 x 1 length at hard effort using a swim stroke of your choice. Rest for 20 seconds after every length.

Swim Down

- Swim 3 x 2 lengths, alternating between one length using a stroke on your front, followed by one length using a stroke on your back.
- Swim at easy effort, resting for 15 seconds after every two lengths.