

# Swim Fitness Training Plan

# 20 Lengths

## Session 4

Equipment: None

---

### Warm Up

- Swim 2 x 2 lengths using a stroke of your choice, at easy effort.
- Rest for 20 seconds after every two lengths.
- Focus on inhaling when your head is out of the water and exhaling under the water. Use small and controlled breaths.

### Skill Development

- Staying at the side of the pool, practice your breathing pattern for six repetitions.
- Inhale with your head low to the surface and take a small breath in. Then exhale in a relaxed manner under the water.
- Try exhaling in different ways, e.g. through the nose, through the mouth, through nose and mouth, to both sides.
- After this practice, swim two lengths using a stroke of your choice. Focus on trying your preferred breathing pattern.

### Main Set

- Swim 4 x 3 lengths using a stroke of your choice. Swim at steady effort, resting for 30 seconds after every three lengths.
- Follow this by swimming 4 x 2 lengths using a swim stroke of your choice. Again, swim at steady effort and rest for 30 seconds after every two lengths.
- Aim to keep your breathing relaxed throughout.

### Swim Down

- Swim two lengths using breaststroke at easy effort.
- Try to stretch out the glide on each stroke.