

Swim Fitness Training Plan

30 Lengths

Session 8

Equipment: None

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.
- Go online at swimming.org/members to read more technique points for each stroke.

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

- 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.

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.