

Swim Fitness Training Plan

14 Lengths

Session 2

Equipment: None

Warm Up

- Swim two lengths with a swim stroke of your choice, easy effort.
- Try to keep your breathing relaxed.

Skill Development

- Swim 2 x 1 length using a swim stroke of your choice.
- Start each length with a push and glide in a streamlined position. Your hands should be outstretched one on top of the other, with your face in the water between your arms.
- Keep your hips close to the surface, legs straight and together, and your toes pointed.
- Rest for 15 seconds after each length.

Main Set

- Swim 4 x 2 lengths using a swim stroke of your choice at steady effort.
- Rest for 30 seconds after every two lengths.
- Aim to keep your breathing relaxed throughout.

Swim Down

- Swim 2 lengths on your back at easy effort.
- Keep your head back and your ears in the water.