

Fit For...

Swimming - Fitness

This category is aimed at regular fitness swimmers, who perhaps use the water as part of their training for other sports, or have been swimming regularly for a while. This level starts at 20 lengths (500m) and progresses through to 70 lengths (1750m), pick and choose the session you want to do based on how much time you have and how you feel.

You can do each session as many times as you wish before moving on to the next one.

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
1	40 minutes	4 lengths/laps moderate swimming any stroke 2 lengths/laps pulling with your pull buoy 2 lengths/laps kicking with your streamlined kickboard	8 lengths/laps swimming - moderate pace any stroke, 30 seconds rest 4 lengths/laps faster swimming any stroke, 30 seconds rest 2 lengths/laps fast pace any stroke 2 minutes rest 6 x 1 length kicking with a streamlined kickboard or swimming with very long relaxed strokes, 20 seconds after each	4 lengths/laps easy swimming any stroke	32 Lengths/laps	Relax your arms and upper body over your kick board when you are kicking, kick from the hips rather than the knees
2	40 minutes	2 lengths/laps swimming any stroke 2 lengths/laps pulling with a pull buoy 2 lengths/laps swimming any stroke 2 lengths/laps kicking with your streamlined kickboard	10 x 2 lengths/laps a below, 20 seconds after each 4 any stroke 1 backstroke or breaststroke 4 any stroke 1 front crawl or butterfly	4 lengths/laps easy swimming	32 Lengths/laps	Keep your pull buoy between your thighs when you are pulling and try to keep your legs still

**Remember your warm-up and cool down stretches*

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Session 3	Target Time 40 minutes	Warm Up 4 lengths/laps moderate swimming any stroke 2 lengths/laps kicking with your kickboard 2 lengths/laps pulling with your pull buoy 2 lengths/laps moderate swimming any stroke	Main Set 6 x 3 lengths/laps swimming - get faster each length, 30 seconds after each	Warm Down 4 lengths/laps easy swimming any stroke	Total Lengths 32 Lengths/laps	Top Tip Keep your strokes long as you increase your speed
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Session 4	Target Time 40 minutes	Warm Up 4 lengths/laps swimming any stroke 2 lengths/laps back stroke 2 lengths/laps kicking with your streamlined kickboard 2 lengths/laps pulling with your pull buoy	Main Set 5 x 4 lengths/laps as 3 lengths moderate, 1 length fast, 30 seconds after each	Warm Down 4 lengths/laps easy swimming any stroke	Total Lengths 34 Lengths/laps	Top Tip Don't forget your water bottle
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Session 5	Target Time 40 minutes	Warm Up 4 lengths/laps moderate swimming any stroke 4 lengths/laps pulling with your pull buoy 2 lengths/laps kicking with your streamlined kickboard	Main Set 8 lengths/laps steady swimming concentrating on log strokes 2 minutes rest 4 x 2 lengths/laps swimming any stroke, 30 seconds after each 4 x 1 lengths/laps kicking with your streamlined kickboard, 30 seconds after each	Warm Down 4 lengths/laps moderate easy any stroke	Total Lengths 34 Lengths/laps	Top Tip Stretch out your legs after the kick set to stop them feeling tight
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Session 6	Target Time 40 minutes	Warm Up 4 lengths/laps moderate swimming 4 lengths/laps faster swimming 4 x 1 lengths/laps kicking with your streamlined kickboard, 20 seconds after each	Main Set 3 x 6 lengths/laps as: 1 x swimming any stroke 2 x pulling with your pull buoy 3 x swimming or pulling with paddles	Warm Down 6 lengths/laps easy swimming any stroke	Total Lengths 36 Lengths/laps	Top Tip Get into the habit of occasionally counting how many strokes you take per length and aim to reduce the number over time
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Session 7	Target Time 40 minutes	Warm Up 4 lengths/laps any stroke 2 lengths/laps front crawl/freestyle 2 lengths/laps breaststroke 2 lengths/laps backstroke	Main Set 2 lengths/laps steady pace, 30 seconds rest 4 lengths/laps as 1 moderate, 1 hard, 40 seconds rest 6 lengths/laps as 2 moderate, 2 hard, 2 moderate, 45 seconds rest 8 lengths/laps getting faster each length so last length is a sprint	Warm Down 6 lengths/laps moderate swimming any stroke	Total Lengths 36 Lengths/laps	Top Tip When swimming front crawl exhale while your face is under the water and inhale quickly when you turn your head to breathe in
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Session 8	Target Time 40 minutes	Warm Up 8 lengths/laps swimming 3 lengths/laps pulling with a pull buoy 4 x 1 lengths/laps kicking with a streamlined kickboard	Main Set 8 lengths/laps swimming any stroke with good technique 2 minutes rest 6 lengths/laps faster swimming any stroke 2 minutes rest 4 lengths/laps fast swimming any stroke	Warm Down 6 lengths/laps easy swimming any stroke	Total Lengths 38 Lengths/laps	Top Tip When you are swimming breast stroke keep your arm pulls narrow so that you can concentrate on getting power from your legs
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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
9	40 minutes	4 lengths/laps swimming any stroke 2 lengths/laps breaststroke or backstroke 2 lengths/laps kicking with your kickboard 2 lengths/laps pulling with your pull buoy	6 x 4 lengths/laps as: 2 x steady swimming, 30 seconds rest 1 x moderate kicking with your kickboard, 30 seconds rest 1 x medium pace swimming, 30 seconds rest 1 x moderate pulling with your pull buoy, 30 seconds rest 1 x fast pace swimming, 30 seconds rest	6 lengths/laps easy swimming any stroke	40 Lengths/laps	Interval training is the best way to train and get fitter

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
10	40 minutes	4 lengths/laps moderate swimming any stroke 4 lengths/laps pulling with your pull buoy 4 lengths/laps drills	16 lengths/laps swimming any stroke - how fast can you swim? Time yourself. Rest and stretch until you have recovered 4 x 2 lengths/laps steady swimming with long strokes, 30 seconds after each	4 lengths/laps easy swimming any stroke	40 Lengths/laps	Do this once a month, are you getting faster?



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