

Fit For...

Swimming - Pregnancy - first and second trimester

You can repeat a session if you wish before moving on to the next one.

Session 1	Target Time 45 Minutes	Warm Up 4 lengths swimming - choose your own stroke. Take 30 seconds rest, 4 lengths breaststroke, keep an easy pace and stop if you feel uncomfortable. Take 30 seconds rest before the main set, ensure you take a drink to keep hydrated	Main Set 2 lengths kicking with a kickboard. Take at least a 1 minute rest. Repeat the above 3 times and take a drink after each 2 lengths, 2 lengths swimming - you choose the stroke. Take at least 1 minute rest. Repeat the above 3 times and take a drink after each 2 lengths	Warm Down 4 lengths breaststroke, kicking on your back. 4 lengths very easy swimming to cool off	Total Lengths 40 lengths	Top Tip Keep hydrated and work at your own pace, if you feel uncomfortable stop and take a rest.
Session 2	Target Time 45 minutes	Warm Up 2 lengths swimming - choose your own stroke. Take 30 seconds rest 2 lengths breaststroke if you feel comfortable with this stroke. Take 30 seconds rest. Repeat the above but try and complete a little faster this time. Take a drink before the main set to ensure you stay hydrated.	Main Set 4 lengths kicking with a kickboard. Take at least 1 minutes rest. Repeat and take a drink after each 4 lengths to stay hydrated, 4 lengths pulling with your pull buoy take at least 1 minutes rest. Repeat and take a drink after each 4 lengths to stay hydrated, 4 lengths swimming - choose your own stroke. Take at least 1 minutes rest. Repeat and take a drink after each 4 lengths to stay hydrated.	Warm Down 4 lengths easy breaststroke, 4 lengths easy swim - any stroke	Total Lengths 40 lengths	Top Tip Choose your own stroke but do try and alternate to make best use of all muscle groups.

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

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Session 3	Target Time 45 minutes	Warm Up 8 lengths swimming breaststroke. Incorporate some lengths kicking with your kickboard if you feel happy doing so. Take 30 seconds rest and a drink.	Main Set 8 lengths swimming - any stroke, 8 lengths - alternate between 2 lengths kicking with your kickboard and 2 lengths pulling with your pull buoy, 8 lengths swimming - any stroke. Ensure you take 30 seconds rest and a drink between each 8 lengths.	Warm Down 4 lengths breaststroke kicking on your back, 4 lengths very easy swim.	Total Lengths 40 lengths	Top Tip Count your strokes per length, try and reduce the number of strokes each length takes.
Session 4	Target Time 45 minutes	Warm Up 4 lengths swimming - any stroke. Take 30 seconds rest, 4 lengths breaststroke. Take 30 seconds rest. Take a drink before the main set.	Main Set 3 lengths swimming - try and improve your speed on each length. Repeat another 9 times and take a drink after each three lengths.	Warm Down 2 lengths swimming - any stroke	Total Lengths 40 lengths	Top Tip Try and increase your speed each length, use the pace clock to time yourself.
Session 5	Target Time 45 minutes	Warm Up 4 lengths swimming - any stroke, 30 seconds rest, 4 lengths a different stroke (if you are able, or repeat the same again). Take 30 seconds rest. Take a drink before the main set.	Main Set 10 by 2 lengths steady paced swimming or pulling with your pull buoy (optional). Take 30 seconds rest between each 2 lengths. Take a drink, 8 by 1 lengths. Take a drink, 8 by 1 lengths easy paced swimming, either pulling or kicking - your choice. Take up to 20 seconds rest after each length. Take a drink.	Warm Down 4 lengths very easy swimming - any stroke	Total Lengths 40 lengths	Top Tip Really stretch out and reduce the number of strokes you take each length.

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
6	45 minutes	4 lengths swimming - any stroke. Take 30 seconds rest, 4 lengths swimming - choose a different stroke to try if you can. Take 30 seconds rest. Take a drink.	4 x 2 lengths of steady paced swimming. Take 30 seconds rest after each 2 lengths. 8 x 1 length swimming or kicking with your kickboard - keep your pace firm so that you are slightly puffed out. Take 30 seconds rest after each length. 4 x 2 lengths steady paced swimming or pulling with a pull buoy. Take 30 seconds rest after each length. Take a drink.	4 lengths very easy swimming, any stroke	40 lengths	Mix up your strokes to give the session variety.



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