

# Fit For...

## Swimming - Pregnancy - third trimester

You can repeat a session if 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 swimming - any stroke. Take 30 seconds rest. Repeat the above but this time slightly faster. Take a drink.	6 lengths steady paced swimming, stretch out your strokes and relax in the water. Take 1 minutes rest. 2 lengths faster paced swim so that you are slightly out of breathe. Take 1 minute rest. Repeat whole main set twice more, drink in every rest.	4 lengths really easy swimming - any stroke.	36 lengths	Hydration is key, drink regularly throughout the session.

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
2	35 minutes	4 lengths swimming - any stroke. Take 30 seconds rest 4 lengths breaststroke. Take 30 seconds rest. Take a drink.	2 lengths swimming or kicking with a kickboard. Take 1 minutes rest. Repeat the above another 2 times and drink after each two lengths, 2 lengths pulling with your pull buoy. Take 1 minutes rest. Repeat the above another 2 times and drink after each two lengths, 2 lengths swimming - any stroke. Take 1 minutes rest. Repeat the above another 2 times and drink after each two lengths.	4 lengths breaststroke kicking on your back, 4 lengths very easy swim.	32 lengths	Pulling with a pull buoy can be difficult, replace this with normal swimming if you feel any discomfort.

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

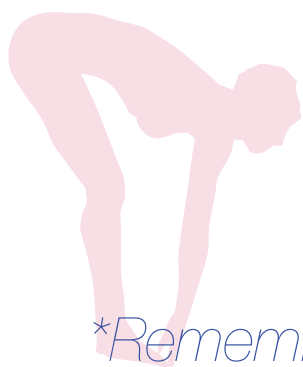
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3	35 minutes	2 lengths swimming - any stroke. Take 30 seconds rest, 2 lengths breaststroke. Take 30 seconds rest. Repeat the above and try and get a little faster. Take a drink.	4 lengths pulling with your pull buoy. Take at least 1 minutes rest. Repeat and take a drink after each 2 lengths, 2 lengths kicking with your kickboard. Take at least 1 minutes rest. Repeat and take a drink after each 2 lengths, 4 lengths swimming - any stroke. Take at least 1 minutes rest. Repeat and take a drink after each 2 lengths.	2 lengths breaststroke kicking on your back, 2 lengths very easy swim	32 lengths	Try wearing a swimming cap, it will protect your hair from chlorine and also keep the hair out of your eyes!

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
4	35 minutes	4 lengths swimming - any stroke. Take 30 seconds rest. Take a drink	8 lengths swimming - any stroke. Take 30 seconds rest and a drink, 8 lengths swimming alternate 2 lengths kicking with your kickboard and 2 lengths pulling with your pull buoy. Take a drink.	2 lengths breaststroke kicking on your back, 2 lengths very easy swim.	32 lengths	Try and get faster as you progress



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