

# Fit For...

## Swimming - Tone Up

These sessions concentrate on aerobic exercise and body conditioning. There are four levels of sessions which will gradually introduce technique drills and equipment such as a pull buoy. The equipment will increase your buoyancy in the water and enable you to swim further, faster and more efficiently. 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	30 minutes	4 lengths/laps moderate swimming any stroke 4 lengths/laps swimming, get faster each length	4 lengths/laps steady pace swimming any stroke, 30 seconds rest 4 lengths/laps firm pace swimming any stroke, 45 seconds rest 4 x 1 length sprint with 20 second rest after each length	4 lengths/laps easy swimming any stroke	24 lengths/laps (600m)	Stay hydrated!
2	30 minutes	4 lengths/laps easy swimming any stroke 2 lengths/laps using a different stroke to above	6 lengths/laps alternating 1 length with long strokes and 1 length your normal stroke, 2 minutes rest 6 lengths/laps alternating 1 length long strokes and 1 length fast try to keep long strokes, 2 minutes rest	4 x 1 lengths/laps kicking with a streamlined kickboard, 30 seconds after each	28 lengths/laps (650m)	Keep your fingers close together when you swim

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



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<b>Session</b> 3	<b>Target Time</b> 30 minutes	<b>Warm Up</b> 4 lengths/laps easy swimming 2 lengths/laps faster swimming	<b>Main Set</b> 3 x 4 lengths/laps as 2 lengths/laps swimming any stroke, 2 lengths/laps fast kicking with your streamlined kickboard, 30 seconds after each technique 4 lengths/laps swimming count the number of strokes you take and try to reduce it each length	<b>Warm Down</b> 4 lengths/laps moderate swimming any stroke	<b>Total Lengths</b> 26 lengths/laps (650m)	<b>Top Tip</b> When you swim breaststroke concentrate on a long glide
<b>Session</b> 4	<b>Target Time</b> 30 minutes	<b>Warm Up</b> 4 lengths/laps easy swimming any stroke	<b>Main Set</b> 8 lengths/laps steady pace any stroke, 45 seconds rest 4 lengths/laps firm pace any stroke, 30 seconds rest 2 lengths/laps maximum effort any stroke 4 x 1 length/lap easy technique work - try high elbows on front crawl or long glides for breast stroke	<b>Warm Down</b> 2 lengths/laps moderate pace any stroke 2 lengths/laps using a different stroke 2 lengths/laps easy swimming any stroke	<b>Total Lengths</b> 28 lengths/laps (700m)	<b>Top Tip</b> Really work the maximum effort part of this session

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5	30 minutes	4 lengths/laps easy swimming any stroke 2 lengths/laps kicking with a streamlined kickboard 2 lengths/laps swimming at a faster pace	6 lengths/laps swimming any stroke, fast pace 2 lengths/laps easy to recover, 1 minute rest 4 lengths/laps swimming any stroke, fast pace 2 lengths/laps easy to recover, 1 minutes rest 2 lengths/laps swimming any stroke, fast pace	4 lengths/laps moderate swimming any stroke	28 lengths/laps (700m)	Work your turns, don't allow yourself to rest on the walls!

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
6	30 minutes	4 lengths/laps easy swimming any stroke 4 lengths/laps alternating 1 length any stroke and 1 length breaststroke	6 lengths/laps swimming any stroke, alternating 1 length moderate, 1 length fast, 2 minutes rest 4 lengths/laps steady swimming, concentrate on good technique, 1 minute rest 2 lengths/laps fast any stroke, 1 minute rest 4 lengths/laps steady swimming, concentrate on good technique, 1 minute rest 2 lengths/laps fast any stroke	4 lengths/laps moderate swimming any stroke	30 lengths/laps (750m)	When you sprint still try to keep long strokes

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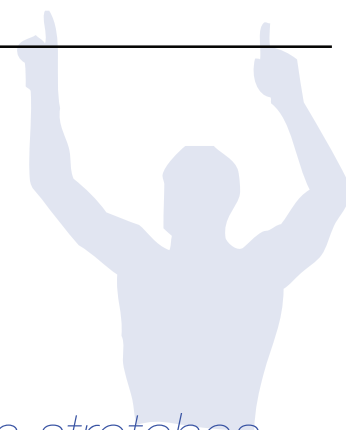
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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
7	30 minutes	4 lengths/lap moderate swimming any stroke 4 lengths/laps building your speed each length any stroke	6 lengths/laps swimming at steady pace any stroke, 1 minute rest 4 lengths/laps swimming at faster pace any stroke, 40 seconds rest 2 lengths/laps swimming at firm pace any stroke, 30 seconds rest 4 x 1 lengths/laps fast, 30 seconds rest after each length	6 lengths/laps easy swimming any stroke	30 lengths/laps (750m)	When you swim fast keep your stroke long and smooth, don't make too much splash!

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
8	30 minutes	4 lengths/laps moderate swimming any stroke 2 lengths/laps kicking with your streamlined kickboard 2 lengths/laps pulling with your pull buoy	5 x 4 lengths/laps as 3 lengths/laps steady with good technique, 1 length/lap fast, 30 seconds after each	4 lengths/laps moderate swimming any stroke	32 lengths/laps (800m)	If you swim front crawl try breathing every three strokes, it will help balance your stroke

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9	30 minutes	4 lengths/laps moderate swimming any stroke 4 x 1 lengths/laps kicking with your streamlined kickboard, 20 seconds after each	6 lengths/laps moderate pace, long strokes, 30 seconds rest 4 lengths/laps slightly faster but still steady pace any stroke, 30 seconds rest 3 lengths/laps swimming faster, 30 seconds rest 2 lengths/laps fast pace, 30 seconds rest 1 length full pace as fast as you can any stroke, but don't shorten your stroke too much! 1 minute rest	4 lengths/laps with good technique 4 lengths/laps easy swimming any stroke	32 lengths/laps (800m)	Keep your head still when swimming (except when breathing)

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9	30 minutes	4 lengths/laps moderate swimming any stroke 4 x 1 lengths/laps kicking with your streamlined kickboard, 20 seconds after each	6 lengths/laps moderate pace, long strokes, 30 seconds rest 4 lengths/laps slightly faster but still steady pace any stroke, 30 seconds rest 3 lengths/laps swimming faster, 30 seconds rest 2 lengths/laps fast pace, 30 seconds rest 1 length full pace as fast as you can any stroke, but don't shorten your stroke too much! 1 minute rest	4 lengths/laps with good technique 4 lengths/laps easy swimming any stroke	32 lengths/laps (800m)	Keep your head still when swimming (except when breathing)

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