

Luc's Swimming Programme



While Luc Longley is most popularly known for his star performances as a former NBL Player with the Chicago Bulls, his recent activity pursuits sees him in the pool! Luc regularly swims to keep active and has participated in the Cottesloe to Rottneest Swim in recent years. Start Luc's swimming program at your local pool today!

Use the **Activity Planner** to track your progress and register for the **online coach** to keep you motivated.

Day 1	Day 2
Five laps	Five laps
Tip: Just take it easy - you can warm up and warm down by walking or jogging in the water, swimming or kicking easy - or even doing aqua-aerobics exercises to get the blood flowing.	Tip: Count the number of strokes for each lap - then try to do subsequent laps with fewer and fewer strokes. You can achieve this by pushing off a little further at the start of each lap or kicking faster when you swim.
Day 3	Day 4
Rest	Five laps
Stretch those active muscles and drink plenty of water!	Tip: Develop strength by alternating between short bursts of kicking only, and pulling with your arms only (without kicking).
Day 5	Day 6
10 laps	Five laps

Tip: Develop stamina - try to move continuously without stopping. You don't need to go fast or even use the same stroke - just keep it steady and keep your feet off the bottom!

Tip: 'Push the ball' - imagine you're holding onto a big ball of water and with each stroke, push it down your body.

Day 7

Rest

Stretch those active muscles and drink plenty of water!

Day 8

10 laps

Tip: Just take it easy - again, you can warm up and warm down by walking or jogging in the water, swimming or kicking easy, or doing aqua-aerobics exercises to get the blood flowing.

Day 9

Five laps

Tip: Count the number of strokes for each lap. Then try to do subsequent laps with fewer and fewer strokes (as you did last week). You can achieve this by pushing off a little further at the start of each lap or kicking faster when you swim.

Day 10

15 laps

Tip: Focus on developing stamina - try to move continuously without stopping, as you did last week. You don't need to go fast or even use the same stroke - just keep it steady and keep your feet off the bottom!

Day 11

Rest

Stretch those active muscles!

Day 12

15 laps

Tip: Again, count the number of strokes for each lap - then try to do subsequent laps with fewer and fewer strokes. You can achieve this by pushing off a little further at the start of each lap or kicking faster when you swim..

Day 13

10 laps

Tip: Develop strength by alternating between short bursts of kicking only, and pulling with your arms only

Day 14

20 laps

Tip: Just take it easy - warm up and warm down by walking or jogging in the water, swimming or kicking

(without kicking).

easy, or doing aqua-aerobics exercises to get the blood flowing.

Day 15

10 laps

Tip: Develop stamina - remember that you do this by moving continuously without stopping. You don't need to go fast or even use the same stroke - just keep it steady and keep your feet off the bottom!

Day 16

Rest

Stretch those active muscles!

Day 17

Five laps

Tip: Count the number of strokes for each lap - then try to do subsequent laps with fewer and fewer strokes. You can achieve this by pushing off a little further at the start of each lap or kicking faster when you swim.

Day 18

15 laps

Tip: Develop stamina - move continuously without stopping. You don't need to go fast or even use the same stroke - just keep it steady and keep your feet off the bottom!

Day 19

20 laps

Tip: Develop strength by alternating between short bursts of kicking only, and pulling with your arms only (without kicking).

Day 20

15 laps

Tip: Just take it easy - warm up and warm down by walking or jogging in the water, swimming or kicking easy, or doing aqua-aerobics exercises to get your blood flowing.

Day 21

Rest

Stretch those active muscles!

Day 22

20 laps

Tip: Count the number of strokes for each lap - then try to do subsequent laps with fewer and fewer strokes. You can achieve this by pushing off a little further at the start of each lap or kicking faster when you swim.

Day 23	Day 24
Rest	15 laps
Stretch those active muscles!	Tip: Develop strength by alternating between short bursts of kicking only, and pulling with your arms only (without kicking).
Day 25	Day 26
25 laps	10 laps
Tip: Develop stamina - move continuously without stopping. You don't need to go fast or even use the same stroke - just keep it steady and keep your feet off the bottom!	Tip: Just take it easy - warm up and warm down by walking or jogging in the water, swimming or kicking easy, or doing aqua-aerobics exercises to get the blood flowing.
Day 27	Day 28
Rest	10 laps
Stretch those active muscles!	Tip: Count the number of strokes for each lap - then try to do subsequent laps with fewer and fewer strokes. Remember, you can achieve this by pushing off a little further at the start of each lap or kicking faster when you swim.
Day 29	Day 30
15 laps	25 laps
Tip: Develop stamina - again, move continuously without stopping. You don't need to go fast or even use the same stroke - just keep it steady and keep your feet off the bottom!	Consider joining a Masters Swimming Club to continue your swimming. Open to everyone aged over 20, it will keep you motivated and you will benefit from expert coaching to improve your stroke technique.