



Pick your lane:

Organising people into lanes where swimmers of 'like' speed are grouped together enables each lane to move smoothly with the least amount of slowing and passing. Slower swimmers don't feel in the way and faster swimmers don't feel they are pressuring others.

It doesn't matter if your speed comes from wearing fins or not, as some people need to wear them for a variety of reasons. The important thing is you choose the right lane based on your pace.

Choosing the right lane at first can be tricky but after a while you will get a feel for your speed and endurance and know the best place to swim. If you choose a lane that feels too fast or too slow be ready to swap lanes. The goal is to keep each lane moving well, not to make anybody feel uncomfortable.

As a guide currently for Swimming Women:

Lane	Average Pace for sets
Lane 1 –	1.45 – 2 min per 50
Lane 2 –	1.15-1.45 per 50
Lane 3 –	55-70 seconds per 50
Lane 4 –	45-60seconds per 50

Translated.. 1.45-2min per 50 means: you will have approximately 2 minutes with which to swim and rest. In detail: if you leave with the white hand of the clock on 0 you have 2 revolutions of the clock to swim 2 lengths and then be ready to go again.

The pace and rest may vary per set but finding your 'lane groove' should help you enjoy your swims.

See information on sets, repeats, oh and rest, for more on timing.