



# 5km - SWIMMING PLAN

## This plan

This training plan is designed to get you to the start line of your 5k swimming challenge feeling prepared and confident that you can achieve your goal. This plan will see you training 5-6 times a week and will help swimmers who are beginners and swimmers aiming for a time of 2 hour 30 minutes. We would encourage you to complement the swimming outline with core conditioning and cross training.

## Why train in this way?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to swim at your desired goal swimming pace.

| Week            | Monday                                                                                                                  | Tuesday                                                                                                                                                                                | Wednesday                                                                                                                  | Thursday                                                                                                                                                                               | Friday                                                                                     | Saturday                                                                                                             | Sunday                                                                                                 |
|-----------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 1.              | Strength & conditioning inc. core    | Swim<br>20 minutes freestyle easy effort as 4 x 5 minutes with 2 minute recovery                    | Swim<br>30 mins easy continuous swim    | Swim<br>6 x 100m steady effort with 30 - 60 seconds recovery                                        | Rest    | 45 minutes easy cross training    | 1,000m easy swim    |
| 2.              | Strength & conditioning inc. core    | Swim<br>25 minutes freestyle easy effort as 5 x 5 minutes with 2 minute recovery                    | Swim<br>45 mins easy continuous swim    | Swim<br>10 x 100m steady effort with 60 seconds recovery                                            | Rest    | 50 minutes easy cross training    | 1,200m easy swim    |
| 3.              | Strength & conditioning inc. core  | Swim<br>30 minutes freestyle easy effort as 3 x 10 minutes with 2 - 3 minute recovery             | Swim<br>45 mins easy continuous swim  | Swim 8 x 200m with 90 seconds recovery + 90s recovery                                             | Rest  | 60 minutes easy cross training  | 1,600m easy swim  |
| 4.<br>Easy Week | Strength & conditioning inc. core  | Swim<br>20 minutes freestyle easy effort as 4 x 5 minutes with 2 minute recovery                  | Rest                                  | Swim<br>6 x 100m steady effort with 30 seconds recovery                                           | Rest  | 45 minutes easy cross training  | 1,000m easy swim  |
| 5.              | Strength & conditioning inc. core  | Swim<br>40 minutes freestyle easy effort as 4 x 10 minutes with 90 secs recovery                  | Swim<br>30 mins easy continuous swim  | Swim<br>30 minutes go as far as you can whilst maintaining control                                | Rest  | 60 - 70 mins cross training     | 1,600m easy swim  |
| 6.              | Strength & conditioning inc. core  | Swim<br>15 minutes easy with 3 min recovery then 5 x 100m controlled effort with 90 sec recovery  | Swim<br>45 mins easy continuous swim  | Swim<br>10 x 150m race effort with 20 seconds recovery + 90s recovery + 100m fast recording time  | Rest  | 90 mins easy cross training     | 2,000m easy swim  |



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## What if I am not there yet?

This training plan assumes you are able to swim continuously at an easy pace for at least 550m and that you are fit and healthy to complete some faster efforts including 'cross training' and 'interval raining' from week 1.

## What if I miss a session, pick up a niggles or get sick?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a 5k swim is a journey, and doesn't always go smoothly. Feel free to chop and change the plan and shift swims to different days that may work better for you. Take care not to run back-to-back 'hard' days – so try to avoid long swimming sessions followed the next day by a cross training session, for example. If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient.

| Week            | Monday                            | Tuesday                                                                                          | Wednesday                                    | Thursday                                                                                         | Friday | Saturday                        | Sunday                  |
|-----------------|-----------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------------------------|--------|---------------------------------|-------------------------|
| 7.              | Strength & conditioning inc. core | Swim<br>45 minutes freestyle easy with 9 x 5 mins with 1 min recovery                            | Swim<br>50 mins easy continuous swim         | Swim<br>20 mins continuous with 3 min recovery then 5 x 150m race pace with 30s recovery         | Rest   | 1hr.45 mins easy cross training | 2,400m easy swim        |
| 8.<br>Easy Week | Strength & conditioning inc. core | Swim<br>20 - 30 minutes easy                                                                     | Swim<br>30 mins easy continuous swim or REST | Swim<br>5 x 200m steady with 30s recovery                                                        | Rest   | 90 mins cross training          | 1,000m easy swim        |
| 9.              | Strength & conditioning inc. core | Swim<br>60 minutes easy as 3 x 20 minutes with 3 minutes recovery                                | Swim<br>50 mins easy continuous swim         | Swim<br>30 - 40 minutes go as far as you can whilst maintaining control                          | Rest   | 2hrs easy cross training        | 3,000m easy swim        |
| 10.             | Strength & conditioning inc. core | Swim<br>20 minutes easy with 3 min recovery then 5 x 100m controlled effort with 90 sec recovery | Swim<br>50 mins easy continuous swim         | Swim<br>10 x 150m race effort with 20 seconds recovery + 90s recovery + 100m fast recording time | Rest   | 1hr.45 mins cross training      | 3,500m easy swim        |
| 11.             | Strength & conditioning inc. core | Swim<br>60 minutes easy                                                                          | Rest                                         | Swim<br>16 x 100m at race pace with 30 - 60s recovery between sets                               | Rest   | 45 mins easy cross training     | 1,000m easy swim        |
| 12.             | Rest                              | Swim<br>3 x 100m controlled effort with 90 sec recovery                                          | Rest                                         | Swim<br>15 minutes freestyle Continuous easy effort                                              | Rest   | 15 minutes cross training       | Event Day<br>Good luck! |