



2.5km - SWIMMING PLAN

This plan

This training plan is designed to get you to the start line of your 2.5k swimming challenge feeling prepared and confident that you can achieve your goal. This plan will see you training 4-5 times a week and will help swimmers who are beginners and swimmers aiming for a time between 50 minutes right through to 1 hour 20 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 20 minutes freestyle easy effort as 4 x 5 minutes with 2 minute recovery	Rest	Swim 6 x 75m steady effort with 30 seconds recovery	Rest	45 minutes easy cross training	500m easy swim
2.	Strength & conditioning inc. core	Swim 25 minutes freestyle easy effort as 5 x 5 minutes with 2 minute recovery	Rest	Swim 8 x 100m steady effort with 60 seconds recovery	Rest	50 minutes easy cross training	700m easy swim
3.	Strength & conditioning inc. core	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 2 - 3 minute recovery	Rest	Swim 4 x 200m with 90 seconds recovery + 90s recovery + 100m fast recording time	Rest	60 minutes easy cross training	900m easy swim
4. Easy Week	Strength & conditioning inc. core	Swim 20 minutes freestyle easy effort as 4 x 5 minutes with 2 minute recovery	Rest	Swim 6 x 75m steady effort with 30 seconds recovery	Rest	60 - 70 minutes easy cross training	500m easy swim
5.	Strength & conditioning inc. core	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 90 secs recovery	Rest	Swim 30 minutes go as far as you can whilst maintaining control	Rest	45 mins cross training	1,000m easy swim
6.	Strength & conditioning inc. core	Swim 15 minutes easy with 3 min recovery then 5 x 100m controlled effort with 90 sec recovery	Rest	Swim 6 x 150m steady effort with 20 seconds recovery + 90s recovery + 100m fast recording time	Rest	70 mins easy cross training	1,200m 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 250m 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 2.5k 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 40 minutes freestyle easy with 8 x 5 mins with 2 min recovery	Rest	Swim 5 x 200m race pace with 30s recovery	Rest	90 mins easy cross training	1,400m easy swim
8. Easy Week	Strength & conditioning inc. core	Swim 20 - 30 minutes easy	Rest	Swim 5 x 200m steady pace with 30s recovery	Rest	1hr 45 mins easy cross training	750m easy swim
9.	Strength & conditioning inc. core	Swim 60 minutes easy as 3 x 20 minutes with 5 minutes recovery	Rest	Swim 30 - 40 minutes go as far as you can whilst maintaining control	Rest	2hrs easy cross training	1600m easy swim
10.	Strength & conditioning inc. core	Swim 20 minutes easy with 3 min recovery then 5 x 100m controlled effort with 90 sec recovery	Rest	Swim 10 - 12 x 100m at race pace with 30 - 60s recovery between sets	Rest	1hr.45 mins cross training	1,800m – 2,000m easy swim
11.	Strength & conditioning inc. core	Swim 30 minutes easy	Rest	Swim 16 x 100m at race pace with 30 - 60s recovery between sets	Rest	45 mins easy cross training	700m easy swim
12.	Rest	Swim 3 x 100m controlled effort with 90 sec recovery	Rest	Swim 15 minutes freestyle Continuous easy effort	Rest	15 minutes cross training	Race Day Good luck!