

## Long Distance Swimming Training plan by Kate Vines

Kate's swimming life started aged 9 when she joined a swimming club so that her parents could have a couple of child free hours on a Friday night... little did they know that this would lead to years of 5am starts having to take their daughter to training, and that their weekends would then be spent sat on a hot stuffy poolside up and down the country waiting for her to swim!

By the age of 15 Kate was part of both the Welsh National Junior and Senior squad, favouring the distance events, which in those days for girls, was a meagre 800m! It was during the following few years as an International swimmer that Kate learnt about the discipline and training required to swim at a high level and this is something that has stayed with her.

Kate is a fairly recent convert to the world of Open Water Swimming doing her first ever dip with the Outdoor Swimming Society in 2010. Since then she has gone on to complete amongst other things; a 2 person English Channel relay with her 'Partner in Swimming Crime' Justine Drury in 2011, in a time of 9 hours 58 mins, the full 24 miles of the 2Swim4Life 24 hour swim, and most recently a Windermere 1 way swim with Chillswim in a time of 4 hours 35 mins.

When training for these big events Kate favours a structured, pre planned training regime and enjoys the challenge of researching training techniques and programmes and tailoring them to her specific needs... fitting in sessions around work and family life which is often the biggest challenge!

After noticing that there aren't many swimming training plans available that cover longer distances, Kate is sharing her training plans with swimming friends who can either follow the whole thing adapting it to their own personal requirements, or just choose a session now and then to have a go at!

The plan was created by adapting a 10km training plan and our training plan from our 2 person channel relay that we completed in 2011.

The plan is written in 'swimmer speak' so please let us know if you don't understand anything!!) Towards the end there will be several entries that will be 4km Colwick or 5km six hills etc. this is just a continuous swim at on of our local lakes (its not a new fancy stroke or anything ;- )

The plan is around 7 months long, which for my attention span was about a month too long, so again, use what you want from it and adapt to suit your needs. All I know is that it worked for me! I found Windermere a challenging swim but felt I had trained correctly for it.

Have fun and happy swimming!

Kate

x



## Basic plan by week:

Week 1: Threshold Development TARGET 15km  
Week 2: Threshold Development TARGET 17km  
Week 3: Threshold Development TARGET 19km  
Week 4: Threshold Development TARGET 20km  
Week 5: Recovery TARGET 12km

Week 6: Threshold Development TARGET 17km  
Week 7: Threshold Development TARGET 18km  
Week 8: Threshold Development TARGET 19km  
Week 9: Threshold Development TARGET 20km  
Week 10 March 10th: Recovery TARGET 14km

Week 11: Sustained Endurance TARGET 20km  
Week 12: Sustained Endurance TARGET 22km  
Week 13: Sustained Endurance TARGET 24km  
Week 14: Sustained Endurance TARGET 24km  
Week 15: Recovery TARGET 16km

Week 16: Sustained Endurance TARGET 22km  
Week 17: Sustained Endurance TARGET 24km (24 hour swim event)  
Week 18: Sustained Endurance TARGET 26km  
Week 19: Sustained Endurance TARGET 28km  
Week 20: Recovery TARGET 18km

Week 21: Sustained Endurance TARGET 26km  
Week 22: Sustained Endurance TARGET 26km  
Week 23: Sustained Endurance TARGET 28km  
Week 24: Sustained Endurance TARGET 30km  
Week 25: Recovery TARGET 20km

Week 26: Sustained Endurance TARGET 26km  
Week 27: Sustained Endurance TARGET 26km  
Week 28: Sustained Endurance TARGET 28km  
Week 29: Recovery TARGET 12km  
Week 30: EASY TARGET 7km

- Aim to get meterage in as close as possible... longer swims at the weekends or when time.
- Make Wednesdays a slightly easier session each week... focus on kick and drills.
- Aim to get at least one day a week total rest day.
- One weights session a week – focus on upper body.

## Week One

Monday 31<sup>st</sup> December

4 x 1000 rest 60

As 1 drag ring

1 P&P

1 as 100 kick with fins 100 swim with fins

1 P&P

TOTAL 4km

Tuesday 1<sup>st</sup> January

REST

Wednesday 2<sup>nd</sup> January

400 fs / 300 pull / 200 ch / 100 kick

T10 – (30 lengths)

200 steady choice

15 x (100) @ 1:35 as 5 swim / 5 pull / 5 swim target 1:20

TOTAL 3.5km

Thursday 3<sup>rd</sup> January

500 fc 500 choice

10 x 200 as

2 IM @ 3:30

2 FC @ 2:50

3 PULL @ 3:15

3 FC @ 2:50

500 choice

TOTAL 3.5km

Friday 4<sup>th</sup> January

5 x (200) Swim @ 3:30 / Kick @ 4:30 / IM @ 4 mins / pull @ 3:15 / swim @ 3mins

6 x (400) as:

Swim @ 6mins (target 5:30)

Pull @ 6:15

Swim build in 100s @ 6:15

Swim @ 6mins (target 5:30)

P&P @ 6:30 as 50 HARD 50 DPS

Swim breathing every 3 stroke for 25m, every 5 strokes for 25m

600 choice TOTAL: 4km

## WEEK 2 (total target 17km)

### **Monday 7<sup>th</sup> January**

2 x 2km swims rest 60

TOTAL 4km

### **Tuesday 8<sup>th</sup> January**

40 x 100 as

5 warm up @ 1:45

5 pull @ 1:35

10 swim @ 1:30

5 kick @ 2:15

10 swim @ 1:25

5 choice @ 2 mins

TOTAL 4km

### **Wednesday 9<sup>th</sup> January**

400 fc 300 pull 200 kick 100 choice

5 x (4x50) kick @ 1:10 rest extra 30 after each set

Each set to be 1 med, 2 firm, 1 max

16 x 50 fc breathing 25 meters of every 3,5,7,9 rpt

TOTAL 2.8km

### **Thursday 10<sup>th</sup> January**

5 x (200) Swim @ 3:30 / Kick @ 4:30 / IM @ 4 mins / pull @ 3:15 / swim @ 3mins

16 x (150) alt

@ 2:20 build in 50s

@ 2:10 swim

@ 2:25 build in 50s

@ 3:05 MAX

5 x 100 SKIPS rest 15

100 easy

TOTAL 4km

### **Friday 11<sup>th</sup> January**

100 @ 1:45

200 @ 3:15

400 @ 6

800 @ 12

1000 @ 15

800 @ 12

400 @ 6

200 @ 3

100 cool down

TOTAL 4km

## WEEK 3 (total target 19km)

### **Monday 14<sup>th</sup>**

2 x (1600) @25 mins – steady pace (24 hour swim pace)

1 x 800 (steady)

TOTAL 4km

### **Tue 15<sup>th</sup> January**

8 x (500)

2 @ 8 mins

2 @ 7.25 (target 6:45)

2 @ 7.45 build in 100s

2 @ 7.25 (target 6.45)

TOTAL 4km

### **Wednesday 16<sup>th</sup> January**

400 fc / 300 pull / 200 kick / 100 choice

10 x 200 alt

25 drill 25 swim

50 kick 50 swim

Rest 30

TOTAL 3km

### Thursday 17<sup>th</sup> January

300 fc / 300 pull / 300 IM / 100 kick

20 x (100) @ 1:35 target less than 1:20      90 – 95% effort

500 p&p

TOTAL 3.5km

### **Friday 18<sup>th</sup>**

Gym

### **Saturday 19<sup>th</sup> or Sunday 20<sup>th</sup>**

6 x (800) @ 12 mins

Alt swim, pull, p&p

200 cd

TOTAL 5km

## Week 4 Target 20km

### **Monday 21<sup>st</sup> January**

10 x (400) 2 @ 6:30 2 @ 5.45 2 @ 6:15 pull 2 @ 5.45 2 @ 6:15 p&p

TOTAL 4km

### **Tuesday 22<sup>nd</sup> January**

4 x (5 x 200) – rest 60 after each set

Set 1: SKIPS - Swim @ 3:30 / Kick @ 4:30 / IM @ 4 mins / pull @ 3:15 / swim @ 3mins

Set 2: each 200 faster than the last @ 3:30

Set 3: Build in 50s @ 3 mins

Set 4: P&P @ 3.15 mins

TOTAL 4km

### **Wednesday 23<sup>rd</sup> January**

4 x (300) as swim / kick / pull / swim

10 x (100) kick as 5 @ 2:15 5 @ 1:45 fins

16 x (50) @ 60 breathing 50 of each 3,5,7,9

TOTAL 3km

### **Thursday 24<sup>th</sup> January**

10 x 100 as

3 @ 1:45

3 @ 1:35 pull

4 @ 1:30

6 x 300 done as: rest 60 after each 300

2 x (50) firm kick @ 1:10

1 x (100) max @ 1:30

2 x (50) swim @ 40

200 cool down

TOTAL 3km

### **Friday 25<sup>th</sup> January**

Gym / spin / or swim TBC

### **Weekend**

1 x (1000) - @ 16 mins

2 x (500) P&P @ 8mins

4 x (250) as 100 swim 50 kick 100 swim @ 4:15

5 x (200) 3 mins build in 50s

10 x (100) pull @ 1:35

20 x (50) @ 60 as 25 hard 25 dps

TOTAL 6km

Week 5 – Target 12 km – recovery

**Monday 28<sup>th</sup> January**

3 x 1000 rest 60 done as swim, pull, p&p, DPS

TOTAL 3km

**Tue 29<sup>th</sup> January**

Gym

**Wed 30 January**

8 x 400

2 @ 6:30

4 @ 6 mins

2 @ 6:20 every 4<sup>th</sup> 25 fly

TOTAL 3.2km

**Thursday 31<sup>st</sup> January**

30 x 100

5 @ 1:45

5 @ 1:35 pull

10 @ 1:30

5 @ 2:15 kick

5 @ 1:45 IM

TOTAL 3km

**Friday 1<sup>st</sup> February**

400 fc / 300 pull / 200 kick / 100 choice

10 x 200 alt

25 drill 25 swim

50 kick 50 swim

Rest 30

TOTAL 3km

## Week 6 Target 17km – Threshold development

### **Monday Feb 4<sup>th</sup>**

2.5km straight Rest 60

1km Pull 500 P&P

TOTAL 4km

### **Tuesday Feb 5<sup>th</sup>**

5 x (400)

1 @ 6:30

2 @ 6:15 pull

2 @ 5:45 swim

10 x (200)

4 @ 3mins

3 @ 2:50

2 @ 3:10 pull

1 cool down

TOTAL 4km

### **Wednesday Feb. 6<sup>th</sup>**

Work

### **Thursday Feb. 7<sup>th</sup>**

400 fc / 300 pull / 200 kick / 100 choice

12 x (150) @ 2:25 alt

50 H 100 E

100 H 50 E

150 H

50 E 50 M 50 E

200 CD

TOTAL 3KM

### **PM Friday Feb. 8<sup>th</sup>**

50 x (100) as

5 @ 1:45

10 @ 1:35 pull

5 @ 1:45 K&F

10 @ 1:30 swim

5 @ 2:15 kick

5 @ 1:25 swim

10 @ 1:35 pull

TOTAL 5km

Try squeeze and extra 1km outdoor / pool over weekend



## Week 7 Target 18km – Threshold development

### **Monday Feb 11<sup>th</sup>**

3km straight  
500 pull 500 P&P

TOTAL 4km

### **Tuesday Feb 12<sup>th</sup>**

13 x (300) as:  
1 @ 5 mins  
3 @ 4:45 – build in 100s  
3 @ 4:30  
3 @ 4:45 pull  
3 @ 4:30 build in 100s  
100 CD

TOTAL 4km PM – GYM

### **Wednesday Feb 13<sup>th</sup>**

200 SKIPS - Swim @ 3:30 / Kick @ 4:30 / IM @ 4 mins / pull @ 3:15 / swim @ 3mins

4 x (4x25 @ 35  
2 x 50 @ 1:10  
1 x 100 @ 2:30)

Set 1 – kick set 2 – bs set 3 – kick & fins set 4 – bk

16 x (50) @ 60 breathing 3, 5, 7, 9

TOTAL 3km

### **Thursday Feb 14**

400 fc / 300 pull / 200 kick / 100 choice  
5 x (4x100) REST 60 after each set  
Each set consists of:  
1 @ 1:25  
2 @ 1:20  
1 @ 1:25

TOTAL 3km

### **Friday 15 February**

100 swim @ 1:45  
200 swim @ 3:15  
400 swim @ 6  
800 swim @ 12  
1000 pull @ 16  
800 swim @ 12  
400 swim @ 6  
200 swim @ 3  
100 cd

TOTAL 4km

## Week 8 Target 19km Threshold Development / endurance

### **Monday Feb 18**

3km straight swim

### **Tuesday Feb. 19**

2 x (500) @ 8mins

2 x (400) @ 5:45

2 x (300) @ 4:45 pull

2 x (200) @ 2:55

2 x (100) @ 1:40 pull

200 CD

TOTAL 3.2km

### **Wed Feb. 20**

400 fc / 300 pull / 200 kick / 100 choice

5 x (4x50) KICK @ 1:10 rest 30 after each set

Each set: 1 med 2 firm 1 max

16 x 50 @ 60 breathing 3,5,7,9

TOTAL 2.8km

### **Thursday Feb. 21**

300 fc 300 pull 300 IM 100 kick

20 x 100 @ 1:30 90-95% effort

500 P&P

TOTAL 3.5km

### **Friday 22 February**

GYM

### **Weekend:**

5 x (1600) rest 2 mins

TOTAL 8km

Sunday Ice swim

## Week 9 Target 20km Threshold Development / endurance

### **Monday 25 February**

3.5km straight

500 P&P

TOTAL 4KM

### **Tuesday 26 February**

20 x (200)

2 warm up @ 3:30

4 @ 3

2 @ 2:50

4 @ 3:15 pull

2 @ 2:50

4 @ 3

2 @ 3:30

TOTAL 4KM

PM GYM

### **Wednesday 27 February**

400 fc / 300 pull / 200 kick / 100 choice

6 x (50 kick @ 1:10, 100 drills @ 2, 100 bk / bs @ 2:25)

500 P&P

TOTAL 3km

### **Thursday 28 February**

500 ch

16 x (150) alt

2:20 build in 50s

2:10 swim

2:25 build in 50s

3:05 MAX

5 x (100) SKIPS

TOTAL 3.4km

### **Friday march1**

5 x (800)

1 @ 12:30

4 @ 12 as swim / pull / p&p / swim

TOTAL 4km

Weekend: 2km swim

## Week 10 Target 14km Recovery

### **Monday 4<sup>th</sup> march**

OFF

### **Tuesday march 5**

10 x (400)

2 @ 6:30

2 @ 6

2 @ 6:15 pull

2 @ 6:30 p&p

2 @ 6

TOTAL 4km

PM GYM

### **Wednesday march 6**

300 fc / 300 pull / 300 IM / 300 kick & Fins

10 x (100) kick as

5 @ 2:15

5 @ 1:45 with fins

16 x (50) @ 60 breathing 3,5,7,9

TOTAL 3km

### **Thursday march 7**

5 x (200) as

1 @ 3:30

2 @ 3:15

2 @ 3

6 x (300) rest 6 after each 300 as

2 x 50 kick @ 1:10

1 x 100 MAX @ 1:30

2 x 50 @ 40

200 cd

TOTAL 3km

### **Friday march 8**

4 x 1000 steady rest 60

TOTAL 4km

## Week 11 Target 22km Sustained Endurance

### **Monday March 11**

4.5km swim (180 / 188 lengths)

### **Tuesday March 12**

Gym

### **Wednesday March 13**

30 x 100

5 @ 1:45

5 @ 2:00 – 25 drill 25 swim alt

5 @ 2:15 kick

5 @ 1:35 pull

5 @ 1:45 kick with fins

5 @ 2:00 choice

TOTAL 3km

### **Thursday March 14**

400 fc / 300 pull / 200 kick / 100 choice

5 x (400) @ 6:15 as:

300 medium 100 Hard

200 medium 200 hard

200 medium 200 hard

100 medium 300 hard

400 hard

Hard = long strong fast 400 pace NOT sprint!

Total 3km

### **Friday March 15**

1000 @ 16

800 @ 12

600 @ 9:30 P&P

400 @ 6:15 Pull

200 @ 3

500 @ cool down – choice

Total 3.5km

### **Weekend**

4 x (2km) rest 2 mins swim, pull, p&p, swim

Total 8km

## Week 12 Target 24km Sustained Endurance

### **Monday March 18**

800 swim rest 60

2 x (1600) 24 hour swim pace rest 60

TOTAL 4km

### **Tuesday March 19**

13 x (300)

1 @ 5 mins

3 @ 4:30

3 @ 4:45 pull

3 @ 4:20

3 @ 4:45 build in 100s

100 cool down

TOTAL 4km

PM gym

### **Wednesday march 20**

400 fc / 300 pull / 200 kick / 100 choice

5 x (200) kick

2 @ 4:30

3 @ 3:45 (with fins)

2 x (400) pull and P&P @ 6:30

200 ch

TOTAL 3km

### **Thursday march 21**

300 swim

300 pull

300 kick & Fins

21 x (100) alt

1:35

1:25

1:20

TOTAL 3km

### **Friday March 22**

1 x 1000 @ 17

2 x 500 @ 8 – P&P

3 x 400 @ 5:45

3 x 300 @ 4:45 pull

TOTAL 4.1km

### **Weekend**

5km straight swim (208 lengths)

1 km P&P

TOTAL 6km

## Week 13 Target 24km Sustained Endurance

### **Monday March 25**

4 x 1000 @ 16 mins

Swim / pull / p&p / swim

TOTAL 4km

### **Tuesday March 26**

AM

10 x (400) as

2 @ 6:30

3 @ 6

2 @ 6:30 pull

3 @ 5:45

TOTAL 4km

PM

5km straight (208 lengths)

### **Wednesday March 27**

5 x (4 x 200) rest extra 60 at 800 as

Set 1 @ 3:30

Set 2 @ 2:50

Set 3 @ 3:15 pull

Set 4 @ 2:50

Set 5 @ 3.15 pull

TOTAL 4km

### **Thursday March 28**

40 x 100

5 @ 1:45

10 @ 1:30

5 @ 1:40 pull

10 @ 1:25

5 @ 1:40 pull

5 @ 1:30

TOTAL 4km

### **Weekend**

2 x 1 mile swim

## Week 14 Target 16km Recovery

### **Monday April 1**

Off / make up leftovers from last week!

### **Tuesday April 2**

AM gym

PM 5 km straight (208 lengths)

### **Wednesday April 3**

400 fc / 300 pull / 200 kick / 100 choice

5 x 200 pull @ 3:15

10 x (100) kick

5@ 2:15

5@ 1:45 – fins

500 P&P

TOTAL 3.5km

### **Thursday April 4**

500 swim 500 pull

5 x (400) @6:15 as

1 – build in 100s

1 – P&P

1 – build in 50s (by 200)

1 – pull

1 build in 25s (by 100)

500 choice

TOTAL 3.5km

### **Friday April 5**

100 @ 1:45

200 @ 3:15

400 @ 6

800 @ 12

1000 @ 16

800 @ 12

400 @ 6

200 @ 3

100

TOTAL 4km



## Week 15 Target 24km Sustained Endurance

### **Monday April 8**

4.5km swim

### **Tuesday April 9**

2 x

100 @ 1:30

200 @ 3

300 @ 4:30

400 @ 6

400 @ 5:50

300 @ 4:20

200 @ 2:55

100 @ 1:25

Rest 60 between each set

### **Tuesday April 9 pm gym**

### **Wednesday April 10**

400 fc / 300 pull / 200 kick / 100 choice

10 x 100 kick 5 @ 2:15    5 @ 1:45 with fins

500 P&P

500 choice

### **Thursday April 11**

5 x 200 SKIPS

5 x (50 @ 40

100 @ 1:25

200 @ 2:45

50 @ 40) rest 60 between sets

100 cool down

### **Friday April 12**

5 x (800)

1 @ 12:30

4 @ 12

### **Weekend**

4 x 1600 rest 2 mins

## Week 16 Target 24km Sustained Endurance

### **Monday April 15<sup>th</sup>**

2000  
1500  
1000  
Rest 60

### **Tuesday April 16<sup>th</sup>**

1 x 800 @ 13  
2 x 500 @ 7:10 build in 100s  
2 x 400 @ 6:15 pull  
2 x 300 @ 4:20  
2 x 200 @ 3:15 pull  
2 x 100 @ 1:25  
200 cd

### **Tuesday April 16<sup>th</sup> pm gym**

### **Wednesday April 17**

5 x 200 SKIPS  
10 x (150) as 50 kick 50 choice 50 fc @ 3 mins  
500 P&P

### **Thursday April 18**

400 / 300 / 200 / 100  
20 x 100 @ 1:25  
cd

### **Friday April 19**

13 x 300  
2 @ 5 mins  
3 @ 4:30  
2 @ 4:45 pull  
3 @ 4:20  
3 @ 4:45 build in 100s

### **Weekend**

3000  
2000  
1000  
Rest 2 mins

## Week 17 Target 26km Sustained Endurance

### **Monday April 22**

2 x 1600

800

### **Tuesday April 23**

40 x 100

5 @ 1:45

10 @ 1:35

5 @ 1:25

10 @ 1:35 pull

5 @ 1:25

5 @ 1:30

### **Wednesday April 24**

400 / 300 / 200 / 100

5 x 400 SKIPS rest 30

### **Thursday April 25**

Off

### **Friday April 26**

24 hour swim

## Week 18 Target 28km Sustained Endurance

### **Monday April 29**

3 x 1000 easy rest 2 mins

### **Tuesday April 30**

10 x 400

2 @ 6:30

2 @ 6

2 @ 5:45

2 @ 6:15 pull

2 @ 6:15 build in 100s

### **Tuesday pm gym**

### **Wednesday may 1<sup>st</sup>**

10 x 100

2 @ 1:45

4 @ 1:35

4 @ 1:30

10 x 200

4 @ 3

4 @ 2:55

2 @ 2:50

500 K&F

500 P&P

### **Thursday may 2<sup>nd</sup>**

500 choice warm up

14 x (150) as

2 @ 3:45 as 100 M 50 H 100 M

2 @ 3:45 as 100 H 100 M 50 H

2 @ 4:15 steady

2 @ 3:30 hard

2 @ 4:15 steady

2 @ 3:45 build in 50s

2 @ 3:30

### **Friday may 3**

1000 @ 16

800 @ 12.30 pull

600 @ 9

500 @ 7:45 pull

400 @ 6

300 @ 4:45 pull

200 @ 3

100 @ 1:40 pull

### **Weekend**

4 x 2000

## Week 19 Target 18km recovery

### **Monday May 6<sup>th</sup>**

3 km steady

### **Tuesday may 7**

Gym

### **Wednesday may 8**

400 / 300 / 200 / 100

10 x 100 kick

5 @ 2:15

5 @ 1:45 fins

16 x 50 @ 60 breathing 3,5,7,9

200 easy

### **Thursday may 9**

400 fc / 300 pull / 200 kick / 100 choice

5 x (400) @ 6:15 as:

300 medium 100 Hard

200 medium 200 hard

200 medium 200 hard

100 medium 300 hard

400 hard

Hard = long strong fast 400 pace NOT sprint!

Total 3km

### **Friday may 10**

10 x 300

2 @ 5

2 pull @ 4:45

2 swim @ 4:30

2 P&P @ 4:45

2 swim @ 4:45 build in 100s

### **Weekend**

6km straight

## Week 20 Target 26km endurance

### **Monday May 13**

2 x 500 @ 7:45  
4 x 250 @ 3:30  
5 x 200 @ 3:15 p&p  
10 x 100 @ 1:30  
Steady even pace

### **Tuesday May 14**

am gym  
pm 1 hour / 4km ow @ sixhills / Trent

### **Wednesday May 15**

400 / 300 / 200 / 100  
6 x (2 x 50 kick @ 1:10  
1 x 100 MAX swim @ 1:30  
3 x 50 @ 40)  
Rest 30 after each set

PM: 1 hour / 4km ow @ Colwick / Trent

### **Thursday May 16**

10 x 200 as  
2 @ 3:30  
3 @ 3  
2 @ 4 IM drills  
3 @ 3:15 pull

500 P&P  
500 K&F

### **Friday May 17**

1 hour ow AM or PM Trent  
Or  
4km straight in pool AM

### **Weekend**

1h15 / 5km ow AA or Trent

## Week 21 Target 26km endurance

### **Monday May 20**

5 x 800 @ 12mins  
Swim / pull / swim / pull / p&p  
Steady even pace

### **Tuesday May 21**

am gym  
pm 1h15 / 5km ow @ sixhills / Trent

### **Wednesday May 22**

PM: 1 hour / 4km ow @ Colwick / Trent

### **Thursday May 23**

400 / 300 / 200 / 100  
20 x 100 @ 1:25 target 1:15

### **Friday May 24**

1 hour ow AM or PM Trent  
Or  
4km straight in pool AM

### **Weekend**

1h30 / 6km ow AA or Trent

## Week 22 Target 28km endurance

### **Monday May 27 bank holiday (ow AA?)**

10 x 400  
2 @ 6:30  
3 @ 6:15 pull  
2 @ 6  
3 @ 5:45  
Steady even pace

### **Tuesday May 28**

am gym  
pm 1h15 / 5km ow @ sixhills / Trent

### **Wednesday May 29**

PM: 1h15 / 5km ow @ Colwick / Trent

### **Thursday May 30**

400 / 300 / 200 / 100  
10 x 200 as  
2 @ 3  
2 @ 2:50  
1 @ 4 mins MAX  
2 @ 3:15 pull  
2 @ 2:45  
1 @ 4 mins MAX

### **Friday May 31**

1 hour ow AM or PM Trent  
or  
4km straight in pool AM

### **Weekend**

1h45 / 7km ow AA or Trent



## Week 23 Target 30km endurance

### **Monday June 3**

4 x 1000

swim / pull / p&p / swim

steady even pace

### **Tuesday June 4**

am gym

pm 1h30 / 6km ow @ sixhills / Trent

### **Wednesday June 5**

PM: 1h15 / 5km ow @ Colwick / Trent

### **Thursday June 6**

400 / 300 / 200 / 100

20 x 100 as

alt : 1:35 / 1:25 / 1:20 / 1:35 / 1:15 (4 times through)

### **Friday June 7**

1 hour ow AM or PM Trent

or

4km straight in pool AM

### **Weekend**

2 hours / 8km ow AA or Trent

## Week 24 Target 20km recovery

### **Monday June 10**

2 x 2000  
steady even pace

### **Tuesday June 11**

am gym  
pm 1h / 4km ow @ sixhills / Trent

### **Wednesday June 12**

PM: 1h / 4km ow @ Colwick / Trent

### **Thursday June 13**

400 / 300 / 200 / 100  
10 x 100 kick 5 @ 2:15 5 @ 1:45  
16 x 50 @ 60 breathing 3,5,7,9  
200 ch

### **Friday June 14**

### **Weekend**

**1 hours / 4km ow AA or Trent**

## Week 25 Target 26km+ endurance

### **Monday June 17**

2 x 500 @ 7:45  
4 x 250 @ 3:30  
5 x 200 @ 3:15 pull  
10 x 100 @ 1:30

### **Tuesday June 18**

AM – gym  
PM 6 hills 4km +

### **Wednesday June 19**

AM off / recovery set / kick set  
PM Colwick 4km +

### **Thursday June 20**

400 / 300 / 200 / 100  
6 x ( 2x50 @ 1:10 kick  
1 x 100 @ 1:30 MAX  
3 x 50 @ 40 )  
rest 30 after each set

### **Friday June 21<sup>st</sup>**

AM Trent 4km

### **Weekend**

8km Colwick / AA

## Week 26 Target 26km+ endurance

### **Monday June 24**

4 x 1000 as swim / pull / p&p / swim

### **Tuesday June 25**

AM – gym

PM 6 hills 4km +

### **Wednesday June 26**

AM Trent 4 km

PM Colwick 4km +

### **Thursday June 27**

400 / 300 / 200 / 100

5 x 400 @6 mins

as: 100H 300 E

200H 200E

200H 200E

300H 100E

400H

### **Friday June 28**

500 fc 500 ch

20 x 50 @ 1:10 alt

2 kick / 2 choice swim

400 IM drills

400 P&P

200 choice

or day off

### **Weekend**

10km colwick

## Week 27 Target 28km+ endurance

### **Monday July 1**

10 x 400 as

2 @ 6:30

3 @ 6:15 pull

2 @ 6

3 @ 5:45

### **Tuesday July 2**

AM – gym

PM 6 hills 4km +

### **Wednesday July 3**

AM Trent 5 km

PM colwick 4km +

### **Thursday July 4**

400 / 300 / 200 / 100

20 x 100 @ 1:25 target 1:15 or faster

### **Friday July 5**

500 fc 500 ch

5 x 200 DKIPS

500 p&p 500 k&f

### **Weekend**

8km colwick / AA

Week 28 Target 12km steady

**Monday July 8**

Trent 3km

**Tuesday July 9**

AM – gym

PM 6 hills 3km

**Wednesday July 10**

PM colwick 3km +

**Thursday July 11**

off

**Friday July 12**

500 ch

16 x (150) alt

2:20 build in 50s

2:10 swim

2:25 build in 50s

3:05 MAX

5 x (100) SKIPS

**Weekend**

off

Week 29 Target 7km taper

**Monday July 15**

Trent 3km

**Tuesday July 16**

PM pool paddle

**Wednesday July 17**

off – KV travel to lakes

**Thursday July 19**

lake swim 3km ish

**Friday July 19**

off

**Saturday July 20**

**17km lake swim!**