

SWIM

8-WEEK SWIM PLAN*

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type**
1	80	1 - 2	1 - 2	10 - 20	SS

Emphasis: Body position in the water.

Have someone (a coach) give you tips on how to improve.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
2	90	1 - 3	1 - 2	15 - 25	SS

Emphasis: Breathing properly.

Keep a training log and enter how many minutes it takes to swim all-out 100 yards (4 lengths of a 25-yard pool).

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
3	125	1 - 4	1 - 2	20 - 30	SS, I

Emphasis: Freestyle stroke.

Practice drills in the pool to improve your skills.

Log how hard you swam by using a heart rate monitor to measure time in each zone.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
4	150	1 - 4	2 - 3	25 - 35	SS, I, R

Emphasis: Kicking efficiently.

Use a kick board and practice kicking drills.

Kick from the hips. Kicking with swim fins can help ensure proper form.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
5	200	1 - 4	2 - 3	30 - 40	SS, I, R, C

Emphasis: Cardio endurance.

"Time trial" 100-yard swim again and calculate improvement over Week 2.

Increase LIFT by upping intensity (higher heart zones), but keep the amount of time the same.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
6	250	1 - 5	2 - 3	30 - 45	C, I

Emphasis: Speed.

Two interval sessions this week.

Perform a "brick" workout (swim-bike combination).

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
7	250	1 - 5	3 - 4	30 - 50	C, I, R, SS

Emphasis: Improve cardio endurance.

Increase the frequency, or number, of workouts.

Complete 1 open water swim and 1 brick this week.

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type
8	125	1 - 3	1 - 2	15 - 30	R

Emphasis: Taper week.

Do low-intensity recovery swims.

Include one open water swim.

* **Modifications:** If you are an intermediate swimmer, double the distances, not the frequency, and train in higher zones. If you find swimming to be your most challenging sport, add an extra swim workout whenever possible.

** **Workout Types:** SS= Steady State; I=Intervals; R=Recovery; C=Combination