

# Open Sea Swim

## For those who want to race



### Open Sea Swim 4-Week Training Guide: Advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	 <b>Rest day</b>	 <b>Pool Swim</b> 2000m timed swim to find race pace	 <b>Rest day</b>	 <b>Pool Swim</b> 2.5km swim 500 base; 500 mixed warm up; 100m swim, 100m pull, 100 drill, 100m kick, 100 swim; followed by broken 500s 100-400; 200-300; 300-200; 400-100m (one minute rest between each)	 <b>Rest day</b>	 <b>Open Water Swim</b> 15min hard, 15min steady, 15min hard, 5 min easy	 <b>Rest day</b>
	 <b>Rest day</b>	 <b>Pool Swim</b> (wet suited, if possible) 300m pace; 300 easy, 300 just above race pace, 200 easy, 100 above race pace, 100 easy, 200 above race pace, 300 just above race pace	 <b>Rest day</b>	 <b>Open Water Swim</b> 15min hard, 15min steady, 15min hard, 5 min easy	 <b>Rest day</b>	 <b>Open Water Swim</b> 15min hard, 15min steady, 15min hard, 5 min easy	 <b>Rest day</b>
2	 <b>Rest day</b>	 <b>Pool Swim</b> 400m base set; 8x50m, 4x100m, 2x200m, 1x400m, 2x200m, 4x100m, 8x50m – off 200m pace plus 15 seconds per 100m	 <b>Rest day</b>	 <b>Open Water Swim</b> Swim 20 min race pace, 30 min steady, 5 min above race pace; 5 min easy	 <b>Rest day</b>	 <b>Drill Session</b> 200m pull; 200m swim x 4; every other length is head up; Either 30 x 100m or 10 x 100m*	 <b>Rest day</b>
	 <b>Open Water Swim</b> 500m at race pace; 500m holding pace; 500m at race pace; 500m holding best pace	 <b>Rest day</b>	 <b>Pool Swim</b> 75% of race distance**, just below race pace	 <b>Rest day</b>	 <b>Open Water Swim</b> 500m at race pace; 500m holding pace; 500m at race pace; 500m holding best pace	 <b>Race day</b>	 <b>Recovery</b>

This is an example training timetable – the days can be adjusted to suit your schedule. For outdoor swims, wear the wetsuit to be worn on the race day.

Created in conjunction with Dr Gary Brickley

\*10 x 100m if doing a 1km race, 30 x 100m if doing a 3km race.

\*\*750m if doing a 1km race, 2250m if doing a 3km.

