








Open Sea Swim

To complete the distance (not race)

Turtle[®] Mat



Open Sea Swim 4-Week Training Guide: Intermediate

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|---|---|--|--|---|--|---|
| 1 |  Rest day |  Short Swim 300m mixed warm up; Pyramid 100m -200m-300m-200m-100m constant pace; 200m to finish |  Rest day |  Swim 30 Minutes 30 minutes without stopping at a pace that you can maintain |  Rest day |  Rest day |  Short Swim 300m mixed warm up; Pyramid 100m -200m-300m-200m-100m constant pace; 200m to finish |
| |  Rest day |  1 Hour Swim 500m x 2, 1 x 1000m, 5 x 100m |  Rest day |  1 Hour Swim 500m x 2, 1 x 1000m, 5 x 100m |  Rest day |  1 Hour Swim 500m x 2, 1 x 1000m, 5 x 100m |  Rest day |
| 3 |  Rest day |  1 Hour Swim 500m x 2, 1 x 1000m, 5 x 100m |  Rest day |  Open Water Swim 5min warm-up, 15min race pace, 15min just below race pace |  Rest day |  1 Hour Swim 500m x 2, 1 x 1000m, 5 x 100m |  Rest day |
| |  3000m Open Water Swim 500m-1000-1000-500m sets. Focus on technique |  Rest day |  2000m Swim 400m warm-up, 8x 50m 4 x 100m, 2x 200m, 1 x 400m |  Rest day |  Acclimatisation Easy 15 minute swim in the event water. Pick out sightings to get your bearings |  Race day |  Recovery |

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.

30 second breaks between swim sets
Pool swims unless otherwise stated

Created in conjunction with Dr Gary Brickley

