

Beginner 1 mile swim plan



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	XT 45 minutes easy	500m easy swim
2	Strength & conditioning inc. core	Swim 20 minutes freestyle easy effort as 4 x 5 minutes with 2 minute recovery	REST	Swim 8 x 75m steady effort with 30 seconds recovery	REST	XT 50 minutes easy	600m swim easy
3	Strength & conditioning inc. core	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 2-3 minute recovery	REST	Swim 5x100m with 30 seconds recovery + 90s recovery + 100m fast recording time	REST	XT 60 minutes easy	800m swim easy
4 Easy Week	Strength & conditioning inc. core	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 2-3 minute recovery	REST	Swim 6 x 100m steady effort with 30 seconds recovery + 90s recovery + 100m fast recording time	REST	XT 45 minutes easy	500m swim easy
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	XT – 60-70 mins	700m swim easy

6	Strength & conditioning inc. core	Swim 30 minutes easy	REST	Swim 6 x 150m race effort with 20 seconds recovery + 90s recovery + 100m fast recording time	REST	XT 90 mins easy	800m swim easy
7	Strength & conditioning inc. core	Swim 30 minutes easy	REST	Swim 5 x 200m steady with 30s recovery	REST	XT 1hr.45 mins easy	1000m swim easy
8 Easy Week	Strength & conditioning inc. core	Swim 35 minutes easy	REST	Swim 6 x 200m race pace effort with 30s recovery	REST	XT 90 mins easy	1200m swim easy
9	Strength & conditioning inc. core	Swim 40 minutes easy as 2 x 20 minutes with 5 minutes recovery	REST	Swim 30-40 minutes go as far as you can whilst maintaining control	REST	XT 2hrs easy	1300m swim easy
10	Strength & conditioning inc. core	Swim 40 minutes easy	REST	Swim 8-10 x 100m at race pace with 15-20s recovery between sets	REST	XT – 1hr.45 mins	1200m swim easy
11	Strength & conditioning inc. core	Swim 30 minutes easy	REST	Swim 30 minutes freestyle Continuous easy effort	REST	XT 45 mins easy	700m swim easy

12	REST	Mobility and stretching	REST	Swim 20 minutes freestyle Continuous easy effort	REST	XT 15 minutes easy run and stretch	Race Day. Good luck!!
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THIS TRAINING PLAN, PUT TOGETHER BY OUR COACHING PARTNERS RUNNINGWITHUS, IS
DESIGNED TO GET YOU TO THE START LINE OF THE SWIM FEELING PREPARED AND
CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL

This 12 week beginners swim plan is designed for those who are new to swimming. This plan will see you training 4-5 times a week and we would encourage you to complement the swimming outline with core conditioning and cross training as outlined in our Swimming Guide

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 1 mile pace

IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Swim Guide, which gives more detail on the structure of the swim sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey

Notes: It is assumed most of your training will be undertaken in a swimming pool but if open water swimming is available this will be a useful additional training stimulus to add in to the plan. There are various swimming training aids you can use to make indoor swimming more challenging such as floats and pullbuoys, fins and paddles.

- Important note: please do a 15-minute warm-up any interval/effort session.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a swim.
- Always train at the specified efforts; don't compromise or swim too hard. Tiredness always catches up, so take extra rest if required