

Beginner 10km Swim Plan



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Strength & conditioning inc. core	Swim 3 x 1600m at easy pace + 90s recovery after each	Swim 30 mins easy continuous swim	Swim 15 x 100m at steady effort + 15s rest after each 100m	REST	XT 45 minutes easy	3000m swim easy
2	Strength & conditioning inc. core	Swim 5 x 1km at easy pace + 90s recovery after each	Swim 45 mins easy continuous swim	Swim 8 x 200m at steady effort + 30s rest after each 200m	REST	XT 50 minutes easy	3000m swim easy
3	Strength & conditioning inc. core	Swim 3 x 1600m at easy pace + 60s recovery after each	Swim 45 mins easy continuous swim	Swim 20 x 100m at steady effort + 15s rest after each 100m	REST	XT 60 minutes easy	3,500 swim easy
4 Easy Week	Strength & conditioning inc. core	Swim 4 x 1km at easy pace + 2mins recovery after each	REST	Swim 8 x 200m at steady effort + 60s rest after each 200m	REST	XT 45 minutes easy	2000m swim easy

5	Strength & conditioning inc. core	Swim 4 x 1500m at easy pace 2 minutes recovery after each.	Swim 30 mins easy continuous swim	Swim 4 sets of: 200m at steady effort + 30s rest 2x100m at steady effort + 15s rest 2x50m at steady effort +10s rest 2 mins recovery between sets	REST	XT – 60-70 mins	3500 - 4000m swim easy
6	Strength & conditioning inc. core	Swim 7 x 1km at easy pace + 2mins recovery	Swim 45 mins easy continuous swim	Swim 8 x 400m increasing speed as: 1 to 4 at easy pace + 60 sec recovery 5 & 6 at steady +60 sec recovery 7 & 8 at threshold +60 sec recovery	REST	XT 90 mins easy	4000 - 5000m swim easy
7	Strength & conditioning inc. core	Swim 4 x 1500m at easy pace 60 secs recovery after each.	Swim 50 mins easy continuous swim	Swim 5 sets of: 200m at steady effort + 30s rest 2x100m at race effort + 15s rest 2x50m at steady effort +10s rest 2 mins recovery between	REST	XT 1hr.45 mins easy	4500 - 5500m swim easy
8 Easy Week	Strength & conditioning inc. core	Swim 6 x 1km at easy pace + 2 min recovery	Swim 30 mins easy continuous swim or REST	Swim 10 x 200m at steady effort + 60s rest after each 200m	REST	XT 90 mins	2000m swim easy

9	Strength & conditioning inc. core	Swim 8 x 1km at easy pace + 2 mins recovery	Swim 50 mins easy continuous swim	Swim 5 sets of 800m front crawl as: 400m at steady effort +30s recovery 2x100m at race effort 15s recovery 4x50m at steady effort +10s recovery 2 mins recovery between sets	REST	XT 2hrs easy	5500 - 6500 swim easy
10	Strength & conditioning inc. core	Swim 10 x 1km at easy pace + 2 mins recovery	Swim 50 mins easy continuous swim	Swim 8 x 400m increasing speed as: 1 to 4 at easy pace + 60 sec recovery 5 & 6 at race pace +60 sec recovery 7 & 8 at threshold +60 sec recovery	REST	XT – 1hr.45 mins	6500 - 8000m swim easy
11	Strength & conditioning inc. core	Swim 70 mins easy	REST	Swim 10 x 200m at race effort + 60s rest after each 200m	REST	XT 45 mins easy	3000m swim easy
12	REST	Swim 45 mins easy	REST	Swim 30 mins easy	REST	XT 15 minutes and stretch	Event Day. Good luck!!

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 10km 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