## Beginner 10km Swim Plan

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim 3 x 1600m at easy pace + 90s recovery after each</td>
<td>Swim 30 mins easy continuous swim</td>
<td>Swim 15 x100m at steady effort + 15s rest after each 100m</td>
<td>REST</td>
<td>XT 45 minutes easy</td>
<td>3000m swim easy</td>
</tr>
<tr>
<td>2</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim 5 x 1km at easy pace + 90s recovery after each</td>
<td>Swim 45 mins easy continuous swim</td>
<td>Swim 8 x 200m at steady effort + 30s rest after each 200m</td>
<td>REST</td>
<td>XT 50 minutes easy</td>
<td>3000m swim easy</td>
</tr>
<tr>
<td>3</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim 3 x 1600m at easy pace + 60s recovery after each</td>
<td>Swim 45 mins easy continuous swim</td>
<td>Swim 20 x100m at steady effort + 15s rest after each 100m</td>
<td>REST</td>
<td>XT 60 minutes easy</td>
<td>3,500 swim easy</td>
</tr>
<tr>
<td>4 Easy Week</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim 4 x 1km at easy pace + 2mins recovery after each</td>
<td>REST</td>
<td>Swim 8 x 200m at steady effort + 60s rest after each 200m</td>
<td>REST</td>
<td>XT 45 minutes easy</td>
<td>2000m swim easy</td>
</tr>
<tr>
<td>5</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim 4 x 1500m at easy pace 2 minutes recovery after each.</td>
<td>Swim 30 mins easy continuous swim</td>
<td>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</td>
<td>REST</td>
<td>XT – 60-70 mins</td>
<td>3500 - 4000m swim easy</td>
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<tr>
<td>6</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim 7 x 1km at easy pace + 2mins recovery</td>
<td>Swim 45 mins easy continuous swim</td>
<td>Swim 8 x 400m increasing speed as: 1 to 4 at easy pace + 60 sec recovery 5 &amp; 6 at steady +60 sec recovery 7 &amp; 8 at threshold +60 sec recovery</td>
<td>REST</td>
<td>XT 90 mins easy</td>
<td>4000 - 5000m swim easy</td>
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<tr>
<td>7</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim 4 x 1500m at easy pace 60 secs recovery after each.</td>
<td>Swim 50 mins easy continuous swim</td>
<td>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</td>
<td>REST</td>
<td>XT 1hr.45 mins easy</td>
<td>4500 - 5500m swim easy</td>
</tr>
<tr>
<td>8 Easy Week</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim 6 x 1km at easy pace + 2 min recovery</td>
<td>Swim 30 mins easy continuous swim or REST</td>
<td>Swim 10 x 200m at steady effort + 60s rest after each 200m</td>
<td>REST</td>
<td>XT 90 mins</td>
<td>2000m swim easy</td>
</tr>
<tr>
<td>Day</td>
<td>Strength &amp; conditioning inc. core</td>
<td>Swim</td>
<td>Swim</td>
<td>Swim</td>
<td>REST</td>
<td>XT – 1hr.45 mins</td>
<td>5500 - 6500 swim easy</td>
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<tr>
<td>9</td>
<td>8 x 1km at easy pace + 2 mins recovery</td>
<td>50 mins easy continuous swim</td>
<td>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</td>
<td>REST</td>
<td>XT 2hrs easy</td>
<td>5500 - 6500 swim easy</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>10 x 1km at easy pace + 2 mins recovery</td>
<td>50 mins easy continuous swim</td>
<td>8 x 400m increasing speed as: 1 to 4 at easy pace + 60 sec recovery 5 &amp; 6 at race pace +60 sec recovery 7 &amp; 8 at threshold +60 sec recovery</td>
<td>REST</td>
<td>XT – 1hr.45 mins</td>
<td>6500 - 8000m swim easy</td>
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<tr>
<td>11</td>
<td>70 mins easy</td>
<td>REST</td>
<td>10 x 200m at race effort + 60s rest after each 200m</td>
<td>REST</td>
<td>XT 45 mins easy</td>
<td>3000m swim easy</td>
<td></td>
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<tr>
<td>12</td>
<td>45 mins easy</td>
<td>REST</td>
<td>30 mins easy</td>
<td>REST</td>
<td>XT 15 minutes and stretch</td>
<td>Event Day. Good luck!!</td>
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</table>
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.