

Beginner 2 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 25 minutes freestyle easy effort as 5 x 5 minutes with 2 minute recovery | REST | Swim 8 x 100m steady effort with 60 seconds recovery | REST | XT 50 minutes easy | 700m 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 4 x 200m with 90 seconds recovery + 90s recovery + 100m fast recording time | REST | XT 60 minutes easy | 900m swim easy |
| 4 Easy Week | 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 60 - 70 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 – 45 mins | 1,000m swim easy |

| | | | | | | | |
|----------------------------|-----------------------------------|---|------|---|------|------------------------|---------------------------|
| 6 | Strength & conditioning inc. core | Swim 15 minutes easy with 3 min recovery then 5 x 100m controlled effort with 90 sec rec | REST | Swim 6 x 150m steady effort with 20 seconds recovery + 90s recovery + 100m fast recording time | REST | XT 70 mins easy | 1,200m swim easy |
| 7 | Strength & conditioning inc. core | Swim 40 minutes freestyle easy with 8 x 5 mins with 2 min rec | REST | Swim 5 x 200m race pace with 30s recovery | REST | XT 90 mins easy | 1,400m swim easy |
| 8 Easy Week | Strength & conditioning inc. core | Swim 20-30 minutes easy | REST | Swim 5 x 200m steady pace with 30s recovery | REST | XT 1hr 45 mins easy | 750m swim easy |
| 9 | Strength & conditioning inc. core | Swim 60 minutes easy as 3 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 | 1600m swim easy |
| 10 | Strength & conditioning inc. core | Swim 20 minutes easy with 3 min recovery then 5 x 100m controlled effort with 90 sec rec | REST | Swim 10-12 x 100m at race pace with 30-60s recovery between sets | REST | XT – 1hr.45 mins | 1,800m – 2,000m swim easy |
| 11 | Strength & conditioning inc. core | Swim 30 minutes easy | REST | Swim 16 x 100m at race pace with 30-60s recovery between sets | REST | XT 45 mins easy | 700m swim easy |

| | | | | | | | |
|----|------|---|------|--|------|---------------------------------|--------------------------|
| 12 | REST | Swim 3 x 100m controlled effort with 90 sec rec | REST | Swim 15 minutes freestyle Continuous easy effort | REST | XT 15 minutes and stretch | Race 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 2 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