

Improver 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	Swim 30 mins easy continuous swim	Swim 5 x 200m at steady effort with 20-30s recovery between sets	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	Swim 30 mins easy continuous swim	Swim 5 x 200m at steady effort with 20-30s recovery between sets	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	Swim 30 mins easy continuous swim	Swim 6 x 200m at steady effort with 20-30s recovery between sets	REST	XT 60 minutes easy	1,000m 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 200m at steady effort with 20s recovery between sets	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	Swim 45 mins easy continuous swim	Swim 2 x 20 minutes freestyle Continuous easy effort with 2 min recovery	REST	XT – 70 mins easy	1,000m swim easy

6	Strength & conditioning inc. core	Swim 40 minutes easy	Swim 30 mins easy continuous swim	Swim 2 x 6 x 100m @ 2 secs faster than race pace with 15s secs recovery and 2 minutes rest between sets	REST	XT 90 mins easy	1,200m swim easy
7	Strength & conditioning inc. core	Swim 400 minutes easy	Swim 45 mins easy continuous swim	Swim 2 x 8 x 100m @ 2 secs faster than race pace with 30 secs recovery and 2 minutes rest between sets	REST	XT 1hr 45 mins easy	1,4000m swim easy
8 Easy Week	Strength & conditioning inc. core	Swim 40 minutes easy	Swim 30 mins easy continuous swim or REST	Swim 2 x 5 x 100m @ 2 secs faster than race pace with 30 secs recovery and 2 minutes rest between sets	REST	XT 90 mins easy	750m swim easy
9	Strength & conditioning inc. core	Swim 40 minutes easy as 2 x 20 minutes with 5 minutes recovery	Swim 30-45 mins easy continuous swim	Swim 3 x 20 minutes go as far as you can whilst maintaining control with 3 min recovery between each effort	REST	XT 2 hrs easy	1,600m swim easy
10	Strength & conditioning inc. core	Swim 40 minutes easy	Swim 30 mins easy continuous swim	Swim 16 x 100m @ race effort with 30 secs recovery	REST	XT – 2 hrs mins	2,000m swim easy
11	Strength & conditioning inc. core	Swim 30 minutes easy	REST or swim 30 minutes easy	Swim 20 minutes freestyle Continuous easy effort with 2 min rest then 8 x 100m @ race effort with 30 sec recovery	REST	XT 60 mins easy	700m swim easy

12	REST	Swim 10 minutes freestyle Continuous easy effort with 1 min rest then 5 x 50m at race ef- fort with 30 sec recovery	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 improver swim plan is designed for those who are confident 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