

# Improver 5km 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 6 x 100m steady effort with 30- 60 seconds recovery	REST	XT 45 minutes easy	1,000m easy swim
2	Strength & conditioning inc. core	Swim 25 minutes freestyle easy effort as 5 x 5 minutes with 2 minute recovery	Swim 45 mins easy continuous swim	Swim 10 x 100m steady effort with 60 seconds recovery	REST	XT 50 minutes easy	1,200m swim easy
3	Strength & conditioning inc. core	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 2-3 minute recovery	Swim 45 mins easy continuous swim	Swim 8 x200m with 90 seconds recovery + 90s recovery	REST	XT 60 minutes easy	1,600m 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 100m steady effort with 30 seconds recovery	REST	XT 45 minutes easy	1,000m swim easy
5	Strength & conditioning inc. core	Swim 40 minutes freestyle easy effort as 4 x 10 minutes with 90 secs recovery	Swim 30 mins easy continuous swim	Swim 30 minutes go as far as you can whilst maintaining control	REST	XT – 60-70 mins	1,600m swim easy

<b>6</b>	Strength & conditioning inc. core	Swim 15 minutes easy with 3 min recovery then 5 x 100m controlled effort with 90 sec rec	Swim 45 mins easy continuous swim	Swim 10 x 150m race effort with 20 seconds recovery + 90s recovery + 100m fast recording time	REST	XT 90 mins easy	2,000m swim easy
<b>7</b>	Strength & conditioning inc. core	Swim 45 minutes freestyle easy with 9 x 5 mins with 1 min rec	Swim 50 mins easy continuous swim	Swim 20 mins continuous with 3 min rec then 5 x 150m race pace with 30s recovery	REST	XT 1hr.45 mins easy	2,400m swim easy
<b>8 Easy Week</b>	Strength & conditioning inc. core	Swim 20-30 minutes easy	Swim 30 mins easy continuous swim or REST	Swim 5 x 200m steady with 30s recovery	REST	XT 90 mins	1,000m swim easy
<b>9</b>	Strength & conditioning inc. core	Swim 60 minutes easy as 3 x 20 minutes with 3 minutes recovery	Swim 50 mins easy continuous swim	Swim 30-40 minutes go as far as you can whilst maintaining control	REST	XT 2hrs easy	3,000m swim easy
<b>10</b>	Strength & conditioning inc. core	Swim 20 minutes easy with 3 min recovery then 5 x 100m controlled effort with 90 sec rec	Swim 50 mins easy continuous swim	Swim 10 x 150m race effort with 20 seconds recovery + 90s recovery + 100m fast recording time	REST	XT – 1hr.45 mins	3,500m swim easy
<b>11</b>	Strength & conditioning inc. core	Swim 60 minutes easy	REST	Swim 16 x 100m at race pace with 30-60s recovery between sets	REST	XT 45 mins easy	1,000m 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	Event 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 improvers 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 5k 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 © RunningWithUs www.runningwithus.com