

# SWIMATHON |



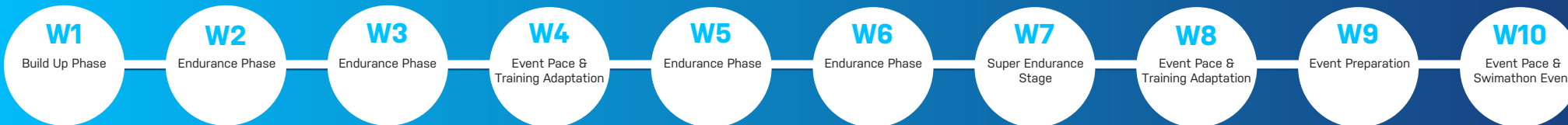
## 5k 10 Week Training Plan

**INTERMEDIATE**

Target time: 1.5 - 2 hrs

Pace per 100m: 2 mins 10 secs





## Welcome to your Swimathon 2024 training plan!

Over the coming 10 weeks, we will aim to offer you training sessions and ideas to help you achieve your challenge and get you there in your goal time.

This 10 week programme has been designed to take you through the build up period, increase endurance, understand and achieve your required event pace, and specify periods of recovery to allow your body to adapt to the training regime and as such, increase your performance!

All distances, pace times and rest intervals are offered as a guide only – please feel free to go at your own pace! However, for those people who want to be challenged, the programmes offer various interval pace times and session durations set against the goal times!

Best wishes for your challenge!

**Jolyon Finck**  
**Head Swimathon Coach**



Jolyon Finck is an Olympic swimming coach, who over the course of his 20-year swimming coaching career has tutored swimmers ranging from beginner level to elite international performers. With an SAL Gold Licence swimming qualification and degrees in Anatomical Science, Education and Sports Performance Management, Jolyon brings a unique quotient of both art and science to his pool side skills.



# Technical Terms

Throughout the 10 weeks, many technical swimming terms will be used to add specificity to the training programme. Each week will have a description of any additional technical terms used; however the three most frequently used, and arguably the most important terms and understandings, are described below:

- **'6 x 50'** (and all other sets across the 10 weeks) is a description of the number of repetitions within each set of exercises, and the respective distance (always in metres) of that repetition. Therefore, the '6 x 50' part of the set refers to 6 repetitions of 50m (aiming to complete each segment of 50m without stopping) before taking the allocated volume of rest.
- **'SRI'** is an acronym for Seconds Rest Interval. SRI will always follow a number, indicating the volume of rest that you should take after completing each repetition within a set. Therefore '45 SRI' would mean that you should take 45 seconds of rest after each repetition.
- **'PTC'** is an acronym for Pace Time Cycle. This refers to the increments of time that should pass between two consecutive repeats within a set. PTC is a more specific extension of SRI. The PTC time is based on the amount of time it should take to swim any particular repeat if the swimmer is swimming at the appropriate speed to complete the Swimathon distance within the goal times set out for each respective distance, plus an appropriate rest interval.



# Week 1 - Build up phase

<b>Focus</b>	This week we will begin laying the training foundations required to reach your goal in 10 weeks' time by establishing some simple training techniques and methodology.
<b>Technical Terms</b>	<b>Hip Driven Rotation Freestyle</b> – this involves the swimmer performing the normal freestyle stroke, but with dramatically increased rotation generated from the hips. This assists with finding the optimum balance point in the stroke, and assists with the extension of the arms to form a longer freestyle stroke.
<b>Distance</b>	2,300m
<b>Duration</b>	50min
<b>Repeat this session</b>	2 x this week
<b>Warm Up</b>	4 x 150m swim and 50 freestyle / 50m backstroke or breaststroke / 50m freestyle (30 SRI)
<b>Skill Development</b>	6 x 50m freestyle swim with Hip Driven Rotation (20 SRI)
<b>Main Set</b>	6 x 200m Swim (30 SRI)
<b>Cool Down</b>	4 x 50 25 Swim with strong kick / 25 swim moderate (20 SRI)

Let's get started!

## Week 2 - Endurance phase

<b>Focus</b>	Swimming is, predominantly, an endurance sport. This week we will start to put together some longer, more challenging sets to improve your swimming endurance.
<b>Technical Terms</b>	<b>Bilateral Breathing –</b> Bilateral Breathing means breathing to one side of your body and then the other in a rhythm or tempo set out by the number of strokes between each breath. This technique assists with maintaining balance and stroke equilibrium, and can be used to promote lung capacity.
<b>Distance</b>	3,000m
<b>Duration</b>	70min
<b>Repeat this session</b>	2-3 x this week
<b>Warm Up</b>	2 x 300m continuous swim (45 SRI) 2 x 100m swim with a pullbuoy or float (30 SRI)
<b>Skills Development</b>	6 x 50 bilateral Breathing (every 3 or 5 strokes) (20 SRI)
<b>Main Set</b>	2 Sets: 2 x 200m swim (30 SRI, Pace Time Cycle 4:40) 4 x 100m Swim (15 SRI, PTC 2:25)
<b>Cool Down</b>	6 x 50m backstroke or breaststroke (or a combination) (20 SRI)

Challenge Yourself

## Week 3 - Endurance phase

<b>Focus</b>	The second week of the endurance phase, and hopefully you are feeling the benefits in the water – with sets and sessions becoming just that littler bit easier to complete.
<b>Technical Terms</b>	<b>Freestyle 1 Arm Swimming –</b> Swimming with 1 arm helps to isolate the stroking pattern and force generated by each of the upper limbs. Start in your normal freestyle swimming position. Pull with your left (or right) arm only, keeping the other arm out in front for balance. As you develop confidence in this drill, try taking the non-swimming arm down by your side and work on your body rotation also.
<b>Distance</b>	3,400m
<b>Duration</b>	80min
<b>Repeat this session</b>	3 x this week
<b>Warm Up</b>	3 x 200m swim (30 SRI) 3 x 100m 25 kicking (no arms) / 75 swim (20 SRI)
<b>Skill</b>	6 x 50m 25 freestyle 1 Arm Swimming / 25 swim (20 SRI)
<b>Main Set</b>	2 Sets: 3 x 300m swim (30 SRI, PTC 7:00) 1 x 100m swim (15 SRI, PTC 2:25)
<b>Cool Down</b>	4 x 50m Backstroke

Don't Forget to Fundraise

# Week 4 - Event pace & training adaptation

<b>Focus</b>	This week we will be seeking to establish some swimming at the correct pace for your Swimathon event. See the cover page for specific pacing ideas (though some are detailed in the sessions). As this week involves swimming at a higher intensity, the volume of swimming is reduced, so that your body can make the relevant adaptations to training.
<b>Technical Terms</b>	<b>Alignment Kicking</b> – Alignment Kicking involves kicking on your front with your arms by your side, and rotating out to take breaths on the side as required. The goal is to align as much of your body with the surface of the water as possible (specifically head, back, hips and legs) to create the least possible resistance or drag. If you have a set of fins (flippers) available, they might help!
<b>Distance</b>	2,800m
<b>Duration</b>	70min
<b>Repeat this session</b>	2-3 x this week
<b>Warm Up</b>	6 x 100m swim with hip driven rotation (20 SRI)
<b>Skill Development</b>	4 x 50m alignment kicking (30 SRI)
<b>Main Set</b>	20 x 50m aim to swim event pace 60 - 65 sec per 50 (15 SRI, PTC 1:20) 1 x 200m moderate swim (60 SRI, PTC 5:20) 8 x 50m sim to swim faster than event pace 55 – 60 sec per 50 (15 SRI, PTC 1:20) 2 x 100m moderate swim (30 SRI, PTC 2:40)
<b>Cool Down</b>	4 x 50m kicking with kickboard / float

Let's Increase the Speed

# Week 5 - Endurance phase

<b>Focus</b>	Back to the grindstone this week as we continue to work on building endurance by lengthening out the total swimming session and increasing the intensity within it. With only five weeks to go until the event, hopefully your comfort level in the water is continuing to increase!
<b>Technical Terms</b>	<b>Hands in Fists</b> – this drill takes away your greatest swimming weapon; the flat space of the palm of your hand. Hold your hands in fists and attempt to propel yourself in a normal freestyle manner using just your forearms and knuckles. Alternatively, hold one hand in a fist and keep the other open, then switch as required.
<b>Distance</b>	3,100m
<b>Duration</b>	75min
<b>Repeat this session</b>	3 x this week
<b>Warm Up</b>	1 x 200m swim (45 SRI) 4 x 150m swim with last 50 stronger (30 SRI) 5 x 100m swim with a pullbuoy or float (30 SRI)
<b>Skill Development</b>	6 x 50m swim hands in fists (20 SRI)
<b>Main Set</b>	6 x 200m swim strong (30 SRI, PTC 4:50)
<b>Cool Down</b>	6 x 50m backstroke / freestyle (20 SRI)

Don't Forget to Fundraise

## Week 6 - Endurance phase

<b>Focus</b>	The focus of this week continues to be on developing fitness in the water with another instalment of the endurance phase. As you complete this week, hopefully you will really be feeling the benefit of all the good work completed so far.
<b>Technical Terms</b>	<b>Your Choice Drill</b> – As the name suggests, this one is up to you. Select an aspect of your swimming that you would like to develop (perhaps your balance in the water, your arm pull, your leg kick) and apply an appropriate drill.
<b>Distance</b>	3,800m
<b>Duration</b>	85min
<b>Repeat this session</b>	3 x this week
<b>Warm Up</b>	4 x 200m swim (30 SRI) 4 x 100m 25 swim/25 kicking (no arms) (20 SRI)
<b>Skill Development</b>	4 x 50m your choice drill (20 SRI)
<b>Main Set</b>	2 Sets: 3 x 300m swim (30 SRI, PTC 7:00) 2 x 100m swim (15 SRI, PTC 2:25)
<b>Cool Down</b>	4 x 50m backstroke

Keep it up!

## Week 7 - Super endurance phase

<b>Focus</b>	When the going gets tough, the tough get swimming! This is the super endurance training week, aimed to ensure that the Swimathon event will be achievable. Think Bradley Wiggins preparing for the Tour de France. Think Mo Farrah in preparation for the 10km at the Olympics. You're ready for it, and it's time to go big!
<b>Technical Terms</b>	<b>Swim Strong</b> – Challenge yourself to push the boundaries of your swimming out a little here. Only do this to a level that is challenging, yet not very uncomfortable. Going strong is great – but we want to make sure that we see the finish line!
<b>Distance</b>	4,000m
<b>Duration</b>	85min
<b>Repeat this session</b>	3 x this week
<b>Warm Up</b>	3 x 200m swim (30 SRI)
<b>Skill Development</b>	6 x 50m 25 kicking / 25 swim (20 SRI)
<b>Main Set</b>	6 x 200m swim strong (15 SRI, PTC 4:35) 4 x 400m swim strong (30 SRI, PTC 9:10)
<b>Cool Down</b>	3 x 100m moderate swim

Swim Strong

# Week 8 - Event pace & training adaptation

<b>Focus</b>	Off the back of the super endurance week, it's now time to recover a little. In doing this, you should find it easier to swim up to your event specific speed on both 50m and 100m repeats. Ensure some good stretching takes place around the training sessions this week to avoid any residual fatigue from the past three weeks.
<b>Technical Terms</b>	<b>Straight Arm Freestyle</b> – This is more a stretch than a performance benefit. Straighten your arms through the recovery phase of the stroke so that your hands enter the water further away from your head than they regularly would. This will increase muscle length and create a different feel.
<b>Distance</b>	3,000m
<b>Duration</b>	75min
<b>Repeat this session</b>	2-3 x this week
<b>Warm Up</b>	3 x 100m swim (20 SRI)
<b>Skill Development</b>	4 x 50m swim straight arm freestyle (10 SRI) 4 x 50m high elbow recovery freestyle (10 SRI) 4 x 50m swim freestyle with great technique (10 SRI)
<b>Main Set</b>	16 x 50m aim to swim event pace 60 – 65 sec per 50 (15 SRI, PTC 1:20) 1 x 200m moderate swim (60 SRI, PTC 5:20) 6 x 100m aim to swim faster than event pace 2:05 – 2:10 per 100 (30 SRI, PTC 2:40) 2 x 100m moderate swim (30 SRI, PTC 2:20)
<b>Cool Down</b>	3 x 100m with pullbuoy or float

Race Day Practise

# Week 9 - Event preparation

<b>Focus</b>	All the hard work is now complete, with many kilometres of practice behind you. This week will focus on progressing swimming distances so that you can make decisions about the way you intend to strategise your Swimathon in terms of distances completed before taking rest. Ensure you are intaking adequate hydration before, during and after the sessions to maximise your performance.
<b>Technical Terms</b>	<b>Fast Turns</b> – Fast Turns involves focussing on the speed of transition around the walls in the pool. It's important to note that you should only attempt tumble turns if you have been taught the skill by a professional. Otherwise, just focus on touching the wall and getting your feet around to push off as quickly as feels comfortable.
<b>Distance</b>	2,500m
<b>Duration</b>	55min
<b>Repeat this session</b>	2-3 x this week
<b>Warm Up</b>	3 x 100m swim (30 SRI)
<b>Skill Development</b>	6 x 50m fast turns (20 SRI)
<b>Main Set</b>	1 x 100m swim (20 SRI, PTC 2:30) 2 x 200m swim (30 SRI, PTC 4:50) 1 x 300m swim (40 SRI, PTC: 7:10) 2 x 400m swim (50 SRI, PTC: 9:30)
<b>Cool Down</b>	6 x 50m backstroke (20 SRI)

Get Yourself Prepared

# Week 10 - Event pace & Swimathon event

<b>Focus</b>	These sessions have been designed as 'Event Simulations', meaning they are simply an opportunity to practice the method by which you intend to complete your Swimathon.
<b>Technical Terms</b>	<b>Stop and Go</b> – As you complete each repeat, stop for a short period of time – perhaps to take a drink or make any adjustments to your technical equipment – then proceed on the next repeat.
<b>Distance</b>	1,700m
<b>Duration</b>	40min
<b>Repeat this session</b>	2 x this week
<b>Warm Up</b>	3 x 100m swim with strong legs last 25 (20 SRI)
<b>Skill Development</b>	4 x 50m stop and go (5 SRI)
<b>Main Set</b>	40 lengths (25m pool) or 20 lengths (50m) taking rest intervals in the same manner as you intend to do during the event and swimming at event pace.
<b>Cool Down</b>	2 x 100m swim choice

# Good Luck & Enjoy It!



Event Day

