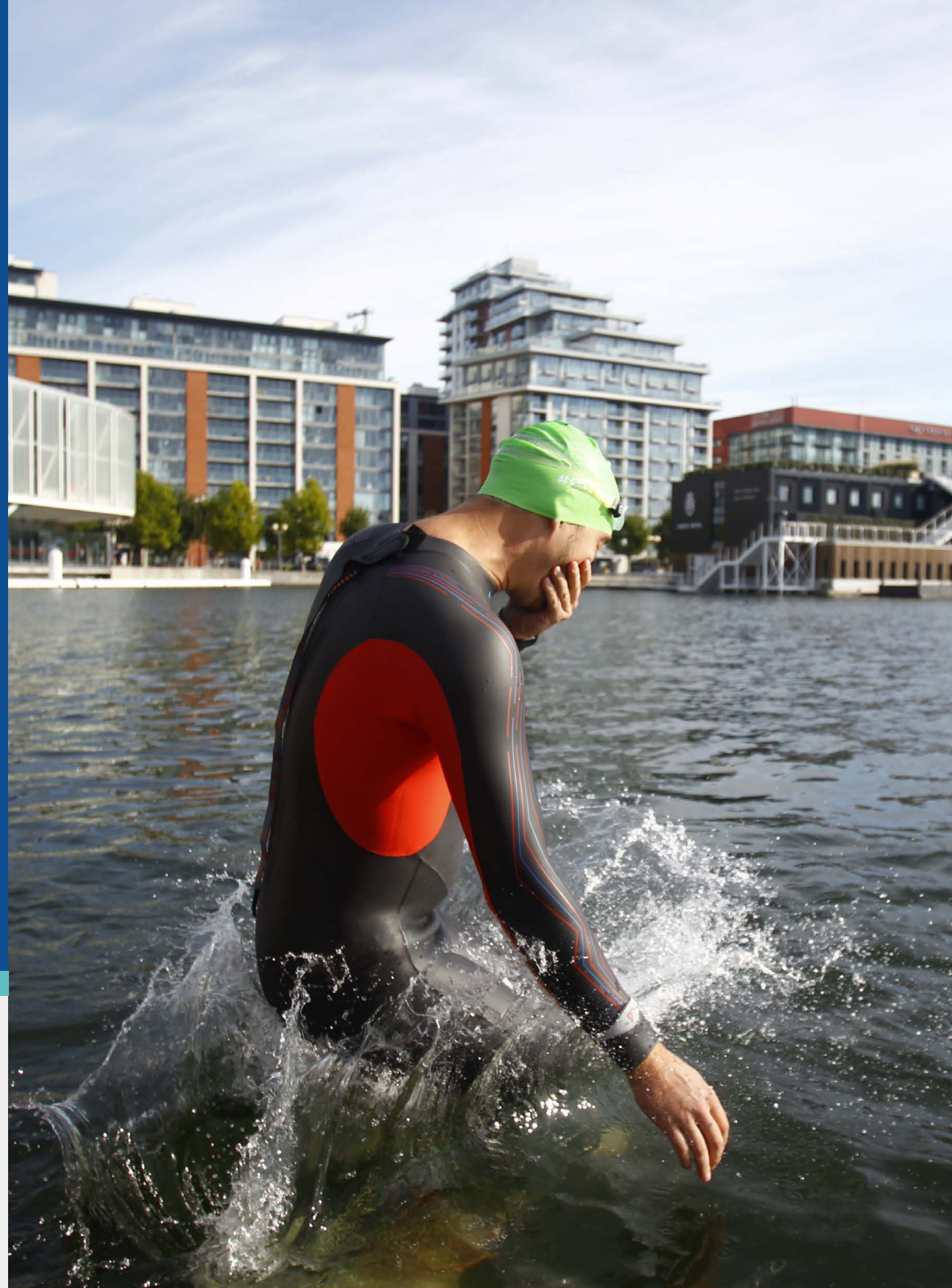


OPEN WATER  
SWIMATHON



# 1.5k 10-week training plan



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# Swimmer<sup>OUTDOOR</sup>

## About Outdoor Swimmer

Outdoor Swimmer is the monthly magazine for people who love swimming outdoors. It is produced by swimmers for swimmers. Enjoy inspiring stories from the world of outdoor swimming; discover wild swimming locations and destinations; become a better swimmer with our training, technique and safety advice; and make sure you've got the right kit with trusted gear and kit reviews.

Find out more: [www.outdoorswimmer.com](http://www.outdoorswimmer.com)



## Simon Griffiths

Simon is the founder and publisher of Outdoor Swimmer magazine. A lifelong swimmer, he enjoys and participates in all forms of outdoor swimming from open water racing to wild and winter swimming. Meet the Outdoor Swimmer team: <https://outdoorswimmer.com/about>

# Welcome to your Open Water Swimathon 2021 training plan!

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This 10-week 1.5k training plan is intended for swimmers who already have a reasonable level of swim fitness and good swimming technique. If you cannot swim sustainably for more than a few hundred metres, it may be worth speaking to a swimming coach for advice on technique.

Key requirements for a strong open water swim include your endurance, good pacing, and open water experience.

There are three sessions for each week. One is focused on pacing, the next on endurance and the third is an open water session. You can do them in any order. Try to spread them out so you have a day between each one, but it's not a disaster if you can't do this. If you have trouble holding a consistent pace, slow down. It's better to start slow and finish strong, than start fast and struggle later.





# Week 1

## Pace practice

Section	Description	Distance (m)
Warm up	200m easy swim, mixed strokes	200
Set 1	4 x 50m FC as 25m drill, 25m bilateral breathing. Relaxed pace. 10s rest after each.	200
Set 2	6 x 100m FC. Best consistent pace. 15s rest after each.	600
Recovery	50m easy backstroke	50
Set 3	6 x 100m FC. Best consistent pace. 15s rest after each. Hold pace from set 2.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	100m FC easy then 4 x 25m FC, sprint last 5m of each length. 5s rest after each	200
Set 1	3 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	1200
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m backstroke	200
Total distance		1700

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	15 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	17
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		32

Let's get started!



# Week 2

## Pace practice

Section	Description	Distance (m)
Warm up	200m easy swim, mixed strokes	200
Set 1	4 x 50m FC as 25m drill, 25m bilateral breathing. Relaxed pace. 10s rest after each.	200
Set 2	2 x 200m FC + 2 x 100m FC. Best consistent pace. 20s rest after each.	600
Recovery	50m easy backstroke	50
Set 3	6 x 100m FC. Best consistent pace. 15s rest after each. Hold pace from set 2.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	100m FC easy then 4 x 25m FC, sprint last 5m of each length. 5s rest after each	200
Set 1	3 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	1200
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m backstroke	200
Total distance		1700

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	18 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	20
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		35

Challenge Yourself

# Week 3

## Pace practice

Section	Description	Distance (m)
Warm up	2 x 100m alternating 50m FC, 50m backstroke	200
Set 1	4 x 50m FC as 25m breathe left, 25m breathe right. Relaxed pace. 10s rest after each.	200
Set 2	3 x 200m FC. Best consistent pace. 20s rest after each.	600
Recovery	50m easy backstroke	50
Set 3	6 x 100m FC. Best consistent pace. 15s rest after each. Hold pace from set 2.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	100m FC easy then 4 x 25m FC, practise sighting on each length. 5s rest after each.	200
Set 1	3 x 400m FC then 1 x 200m FC - easy, sustainable, consistent pace. 45s rest after each.	1400
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m backstroke	200
Total distance		1900

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	20 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	22
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		37

Don't Forget to Fundraise

# Week 4

## Pace practice

Section	Description	Distance (m)
Warm up	4 x 500m alternating 500m FC, 50m backstroke	200
Set 1	4 x 50m FC as 25m breathe left, 25m breathe right. Relaxed pace. 10s rest after each.	200
Set 2	3 x 200m FC. Best consistent pace. 20s rest after each.	600
Recovery	50m easy backstroke	50
Set 3	2 x 200m FC + 2 x 100m FC. Best consistent pace. 20s rest after each.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	100m FC easy then 4 x 25m FC, practise sighting on each length. 5s rest after each.	200
Set 1	3 x 400m FC then 1 x 200m FC - easy, sustainable, consistent pace. 45s rest after each.	1400
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m backstroke	200
Total distance		1900

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	22 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	24
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		39

# Week 5

## Pace practice

Section	Description	Distance (m)
Warm up	100m easy FC, 100m easy backstroke.	200
Set 1	4 x 50m FC as 25m sprint , 25m recovery. 10s rest after each.	200
Set 2	6 x 100m FC. Best consistent pace. 15s rest after each.	600
Recovery	50m easy backstroke	50
Set 3	3 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	100m FC easy then 4 x 25m FC, alternate left and right side breathing. 5s rest after each.	200
Set 1	4 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	1600
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m backstroke	200
Total distance		2100

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	25 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	27
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		42

Let's Increase the Speed

Don't Forget to Fundraise

# Week 6

## Pace practice

Section	Description	Distance (m)
Warm up	100m easy FC, 100m easy backstroke.	200
Set 1	4 x 50m FC as 25m sprint , 25m recovery. 10s rest after each.	200
Set 2	3 x 200m FC. Best consistent pace. 20s rest after each.	600
Recovery	50m easy backstroke	50
Set 3	3 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	100m FC easy then 4 x 25m FC, alternate left and right side breathing. 5s rest after each.	200
Set 1	4 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	1600
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m backstroke	200
Total distance		2100

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	27 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	29
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		44

Keep it up!

# Week 7

## Pace practice

Section	Description	Distance (m)
Warm up	8 x 25m easy pace, bilateral breathing. 5s rest after each.	200
Set 1	4 x 50m FC as 25m steady pace, practice sighting each length. 10s rest after each.	200
Set 2	3 x 200m FC. Best consistent pace. 20s rest after each.	600
Recovery	50m easy backstroke	50
Set 3	3 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	100m FC, 50m backstroke, 50m breaststroke	200
Set 1	4 x 400m FC then 1 x 200m FC - easy, sustainable, consistent pace. 45s rest after each.	1800
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m backstroke	200
Total distance		2300

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	30 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	32
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		47

Swim Strong

# Week 8

## Pace practice

Section	Description	Distance (m)
Warm up	8 x 25m easy pace, bilateral breathing. 5s rest after each.	200
Set 1	6 x 50m FC as 25m steady pace, practice sighting each length. 10s rest after each.	200
Set 2	3 x 200m FC. Best consistent pace. 20s rest after each.	600
Recovery	50m easy backstroke	50
Set 3	200m FC +40s rest, 150m FC +30s, 100m FC +20s, 50m FC. Best consistent, sustainable pace.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	100m FC, 50m backstroke, 50m breaststroke	200
Set 1	4 x 400m FC then 1 x 200m FC - easy, sustainable, consistent pace. 45s rest after each.	1800
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m backstroke	200
Total distance		2300

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	30 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	32
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		47

Race Day Practice

# Week 9

## Pace practice

Section	Description	Distance (m)
Warm up	200m easy swim alternating 25m FC, 25m backstroke	200
Set 1	8 x 50m FC at best consistent pace. 10s rest after each.	200
Set 2	50m FC +10s rest, 100m FC +20s, 150m FC +30s, 200m FC. Best consistent, sustainable pace.	600
Recovery	50m easy backstroke	50
Set 3	200m FC +40s rest, 150m FC +30s, 100m FC +20s, 50m FC. Best consistent, sustainable pace.	600
Cool down	200m easy. Your choice.	200
Total distance		1850

## Endurance

Section	Description	Distance (m)
Warm up	3 x 100m FC, easy. Breath left on 1, right on 2 and bilateral on 3	200
Set 1	5 x 400m FC - start easy, aim to increase speed by 2 to 3 seconds with each 400m. 45s rest after each.	2000
Set 2	4 x 25m sprints + 45s rest	100
Cool down	200m FC, 200m backstroke	400
Total distance		2800

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	30 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	32
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		47

Get Yourself Prepared

# Week 10

## Pace practice

Section	Description	Distance (m)
Warm up	200m easy swim alternating 25m FC, 25m backstroke	200
Set 1	4 x 50m FC at best consistent pace. 10s rest after each.	200
Set 2	400m FC. Best consistent pace. Aim to maintain speed throughout and match pace from set 1.	400
Recovery	50m easy backstroke	50
Set 3	2 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	400
Cool down	200m easy. Your choice.	200
Total distance		1450

## Endurance

Section	Description	Distance (m)
Warm up	3 x 100m FC, easy. Breath left on 1, right on 2 and bilateral on 3	300
Set 1	3 x 400m FC - start easy, aim to increase speed by 2 to 3 seconds with each 400m. 45s rest after each.	1200
Set 2	4 x 25m sprints + 45s rest	100
Cool down	300m FC, 200m backstroke	400
Total distance		2000

## Open water

Section	Description	Time (m)
Warm up	5 minutes easy swimming, 1 minute rest	6
Set 1	20 minutes strong swimming. Change pace at each turn between relaxed, steady and strong. 2 minutes rest.	22
Set 2	4 x 30 seconds sprints + 30s rest after each	4
Cool down	5 minutes easy swimming	5
Total time		37

Event Day



Good Luck  
& Enjoy It!