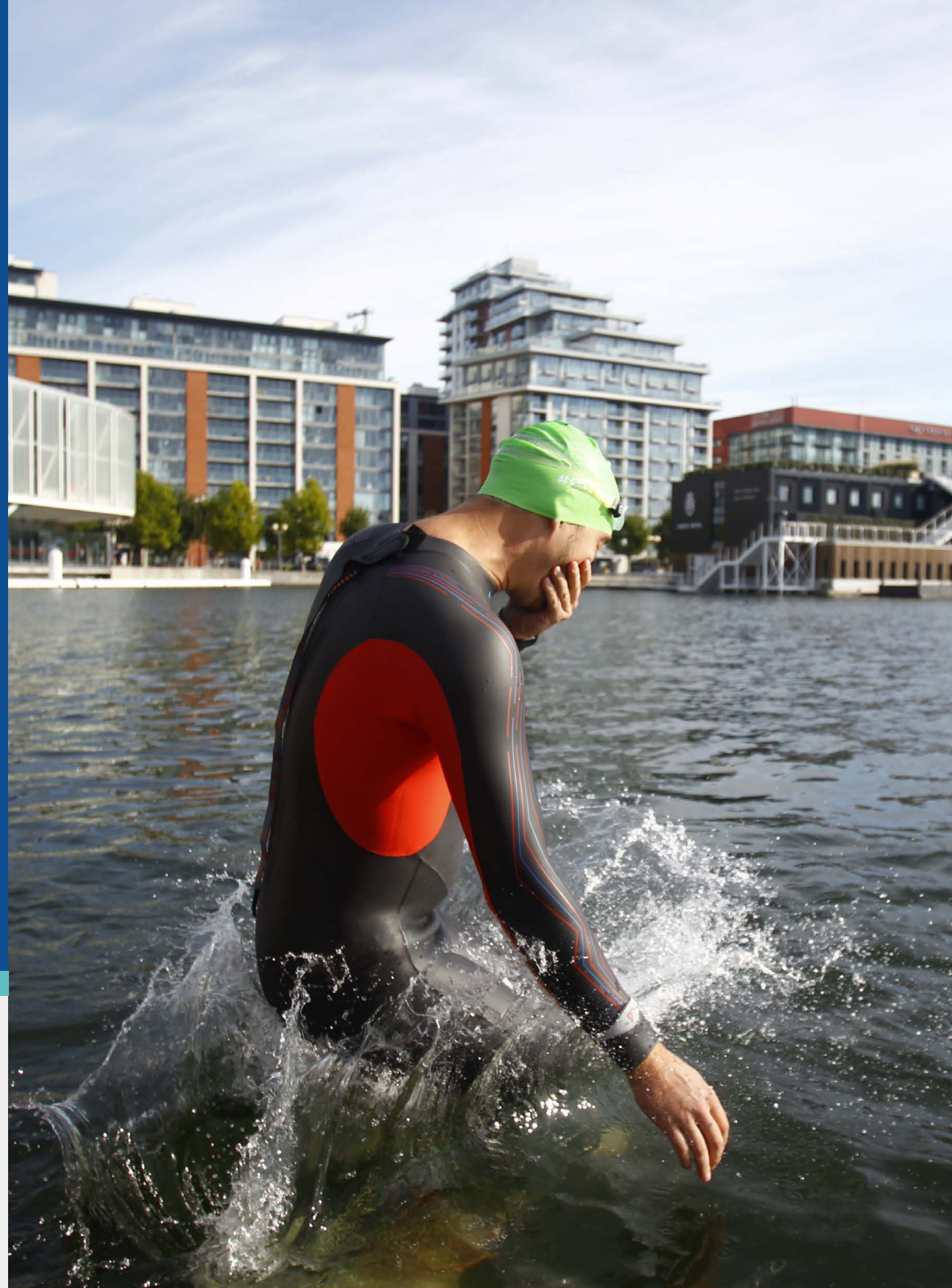


OPEN WATER
SWIMATHON



5k 10-week training plan



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OUTDOOR Swimmer

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



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!

This 10-week 5k training plan is intended for experienced swimmers who already have a reasonable level of swim fitness and good swimming technique.

Key requirements for a strong 5k 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 want to swim extra sessions, then keep them shorter, low intensity and focused on your swimming technique.



Week 1

Pace practice

Section	Description	Distance (m)
Warm up	400m easy swim, mixed strokes	400
Set 1	6 x 50m FC as 25m drill, 25m bilateral breathing. Relaxed pace. 10s rest after each.	300
Set 2	10 x 100m FC. Best consistent pace. 15s rest after each.	1000
Recovery	100m easy backstroke	100
Set 3	10 x 100m FC. Best consistent pace. 15s rest after each. Hold pace from set 2.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	200m FC easy. 8 x 25m FC, sprint last 5m of each length. 5s rest after each	400
Set 1	6 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	2400
Set 2	8 x 25m sprints + 45s rest	200
Cool down	200m backstroke	200
Total distance		3200

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	30 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	32
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		56

Let's Get Started!



Week 2

Pace practice

Section	Description	Distance (m)
Warm up	400m easy swim, mixed strokes	400
Set 1	6 x 50m FC as 25m drill, 25m bilateral breathing. Relaxed pace. 10s rest after each.	300
Set 2	3 x 200m FC + 4 x 100m FC. Best consistent pace. 20s rest after each.	1000
Recovery	100m easy backstroke	100
Set 3	10 x 100m FC. Best consistent pace. 15s rest after each. Hold pace from set 2.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	200m FC easy. 8 x 25m FC, sprint last 5m of each length. 5s rest after each	400
Set 1	8 x 50m FC sprints + 45s after each	400
Set 2	8 x 25m sprints + 45s rest	200
Cool down	200m backstroke	200
Total distance		3400

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	35 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	37
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		61

Challenge Yourself

Week 3

Pace practice

Section	Description	Distance (m)
Warm up	4 x 100m alternating 100m FC, 100m backstroke	400
Set 1	6 x 50m FC as 25m breathe left, 25m breathe right. Relaxed pace. 10s rest after each.	300
Set 2	5 x 200m FC. Best consistent pace. 20s rest after each.	1000
Recovery	100m easy backstroke	100
Set 3	10 x 100m FC. Best consistent pace. 15s rest after each. Hold pace from set 2.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	200m FC easy. 8 x 25m FC, practise sighting on each length. 5s rest after each.	400
Set 1	7 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	2800
Set 2	8 x 25m sprints + 45s rest	200
Cool down	200m backstroke	200
Total distance		3600

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	40 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	43
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		66

Don't Forget to Fundraise

Week 4

Pace practice

Section	Description	Distance (m)
Warm up	4 x 100m alternating 100m FC, 100m backstroke	400
Set 1	6 x 50m FC as 25m breathe left, 25m breathe right. Relaxed pace. 10s rest after each.	300
Set 2	5 x 200m FC. Best consistent pace. 20s rest after each.	1000
Recovery	100m easy backstroke	100
Set 3	3 x 200m FC + 4 x 100m FC. Best consistent pace. 20s rest after each.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	200m FC easy. 8 x 25m FC, practise sighting on each length. 5s rest after each.	400
Set 1	7 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	2800
Set 2	8 x 50m FC sprints + 45s after each	400
Cool down	200m backstroke	200
Total distance		3800

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	45 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	47
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		71

Let's Increase the Speed

Week 5

Pace practice

Section	Description	Distance (m)
Warm up	200m easy FC, 200m easy backstroke.	400
Set 1	6 x 50m FC as 25m sprint , 25m recovery. 10s rest after each.	300
Set 2	10 x 100m FC. Best consistent pace. 15s rest after each.	1000
Recovery	100m easy backstroke	100
Set 3	5 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	200m FC easy. 8 x 25m FC, alternate left and right side breathing. 5s rest after each.	400
Set 1	8 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	3200
Set 2	8 x 25m sprints + 45s rest	200
Cool down	200m backstroke	200
Total distance		4000

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	50 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	52
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		76

Don't Forget to Fundraise

Week 6

Pace practice

Section	Description	Distance (m)
Warm up	200m easy FC, 200m easy backstroke.	400
Set 1	6 x 50m FC as 25m sprint , 25m recovery. 10s rest after each.	300
Set 2	5 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	1000
Recovery	100m easy backstroke	100
Set 3	5 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	200m FC easy. 8 x 25m FC, alternate left and right side breathing. 5s rest after each.	400
Set 1	8 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	3200
Set 2	8 x 50m FC sprints + 45s after each	400
Cool down	200m backstroke	200
Total distance		4200

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	55 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	57
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		81

Keep It Up!

Week 7

Pace practice

Section	Description	Distance (m)
Warm up	16 x 25m easy pace, bilateral breathing. 5s rest after each.	400
Set 1	6 x 50m FC as 25m steady pace, practice sighting each length. 10s rest after each.	300
Set 2	5 x 200m FC. Best consistent pace. 20s rest after each.	1000
Recovery	100m easy backstroke	100
Set 3	5 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	2 rounds of 100m FC, 50m backstroke, 50m breast-stroke	400
Set 1	9 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	3600
Set 2	8 x 25m sprints + 45s rest	200
Cool down	200m backstroke	200
Total distance		4400

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	60 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	62
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		86

Swim Strong

Week 8

Pace practice

Section	Description	Distance (m)
Warm up	16 x 25m easy pace, bilateral breathing. 5s rest after each.	400
Set 1	6 x 50m FC as 25m steady pace, practice sighting each length. 10s rest after each.	300
Set 2	5 x 200m FC. Best consistent pace. 20s rest after each.	1000
Recovery	100m easy backstroke	100
Set 3	400m FC +40s rest, 300m FC +30s, 200m FC +20s, 100m FC. Best consistent, sustainable pace.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	2 rounds of 100m FC, 50m backstroke, 50m breaststroke	400
Set 1	9 x 400m FC - easy, sustainable, consistent pace. 45s rest after each.	3600
Set 2	8 x 50m FC sprints + 45s after each	400
Cool down	200m backstroke	200
Total distance		4600

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	60 minutes strong swimming. Aim to hold consistent pace. 2 minutes rest.	62
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		86

Race Day Practice

Week 9

Pace practice

Section	Description	Distance (m)
Warm up	400m easy swim alternating 25m FC, 25m backstroke	400
Set 1	6 x 50m FC at best consistent pace. 10s rest after each.	300
Set 2	100m FC +10s rest, 200m FC +20s, 300m FC +30s, 400m FC. Best consistent, sustainable pace.	1000
Recovery	100m easy backstroke	100
Set 3	400m FC +40s rest, 300m FC +30s, 200m FC +20s, 100m FC. Best consistent, sustainable pace.	1000
Cool down	200m easy. Your choice.	200
Total distance		3000

Endurance

Section	Description	Distance (m)
Warm up	3 x 200m FC, easy. Breath left on 1, right on 2 and bilateral on 3	600
Set 1	9 x 400m FC - start easy, aim to increase speed by 2 to 3 seconds with each 400m. 45s rest after each.	3600
Set 2	8 x 50m FC sprints + 45s after each	400
Cool down	200m FC, 200m backstroke	400
Total distance		5000

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	60 minutes strong swimming. Increase pace after each turn and hold for 30s before reverting to usual speed. 2 minutes rest.	62
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		86

Get Yourself Prepared

Week 10

Pace practice

Section	Description	Distance (m)
Warm up	400m easy swim alternating 25m FC, 25m backstroke	400
Set 1	6 x 50m FC at best consistent pace. 10s rest after each.	300
Set 2	800m FC. Best consistent pace. Aim to maintain speed throughout and match pace from set 1.	1000
Recovery	100m easy backstroke	100
Set 3	4 x 200m FC. Best consistent pace. 20s rest after each. Hold pace from set 2.	1000
Cool down	200m easy. Your choice.	200
Total distance		2600

Endurance

Section	Description	Distance (m)
Warm up	3 x 200m FC, easy. Breath left on 1, right on 2 and bilateral on 3	600
Set 1	6 x 400m FC - start easy, aim to increase speed by 2 to 3 seconds with each 400m. 45s rest after each.	2400
Set 2	8 x 25m sprints + 45s rest	200
Cool down	300m FC, 200m backstroke	200
Total distance		3600

Open water

Section	Description	Time (m)
Warm up	10 minutes easy swimming, 1 minute rest	11
Set 1	40 minutes strong swimming. Change pace at each turn between relaxed, steady and strong. 2 minutes rest.	42
Set 2	8 x 30 seconds sprints + 30s rest after each	8
Cool down	5 minutes easy swimming	5
Total time		66

Good Luck
& Enjoy It!

Event Day

