

SWIMATHON

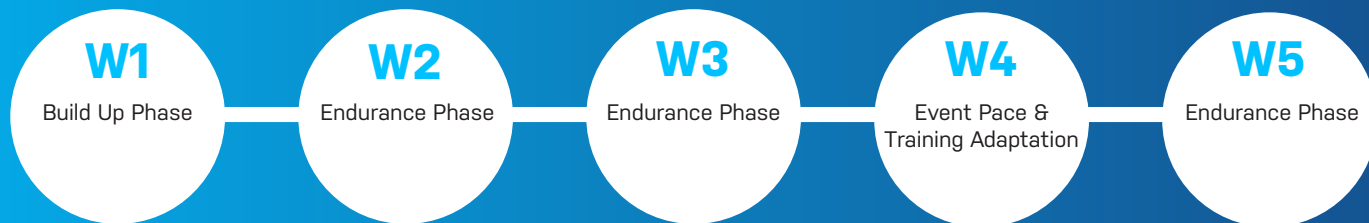


5k 5 Week Training Plan

INTERMEDIATE

Target time: 1.5 - 2hrs
Pace per 100m: 2 mins 10 secs





Welcome to your Swimathon 2024 Training Plan!

Over the coming 5 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 5 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 5 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.

Hip Driven Rotation Freestyle – 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.

Freestyle 1 Arm Swimming – 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.

Alignment Kicking – 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!

Hands in Fists – 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.

Your Choice Drill – 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.

Swim Strong – 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!

Straight Arm Freestyle – 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.

Fast Turns – 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.

Stop and Go – 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 to the next repeat.

Week 1 - Build up phase

Focus	This week we will begin laying the training foundations required to reach your goal in 5 weeks' time by establishing some simple training techniques and methodology.
Distance	2,300m
Duration	50 min
Repeat this session	2 x this week
Warm Up	4 x 150m Swim as 50m freestyle / 50m backstroke or breaststroke / 50m freestyle (30 SRI)
Skill Development	6 x 50m Freestyle swim with Hip Driven Rotation (20 SRI)
Main Set	6 x 200m Swim (30 SRI)
Cool Down	4 x 50m 25m swim with strong kick / 25m swim moderate (20 SRI)

Week 2 - Endurance phase

Focus	Swimming is, predominantly, an endurance sport. This week we will start to put together some longer, more challenging sets to improve your swimming endurance.
Distance	3,400m
Duration	80 min
Repeat this session	3 x this week
Warm Up	3 x 200m Swim (30 SRI) 3 x 100m 25m kicking (no arms) / 75m swim (20 SRI)
Skill Development	6 x 50m 25m Freestyle 1 Arm Swimming / 25m swim (20 SRI)
Main Set	2 sets: 3 x 300m Swim (30 SRI, PTC 7:00) 1 x 100m Swim (15 SRI, PTC 2:25)
Cool Down	4 x 50m Backstroke

Let's get started!

Don't Forget to Fundraise

Week 3 - Endurance phase

Focus	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 Farah in preparation for the 10km at the Olympics. You're ready for it, and it's time to go big!
Distance	4,000m
Duration	85 min
Repeat this session	3 x this week
Warm Up	3 x 200m Swim (30 SRI)
Skill Development	6 x 50m 25m kicking / 25m swim (20 SRI)
Main Set	6 x 200m Swim Strong (15 SRI, PTC 4:35) 4 x 400m Swim Strong (30 SRI, PTC 9:10)
Cool Down	3 x 100m Moderate

Keep it Up!

Week 4 - Event pace & training adaptation

Focus	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.
Distance	3,000m
Duration	75 min
Repeat this session	2-3 x this week
Warm Up	3 x 100m Swim (20 SRI)
Skill Development	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)
Main Set	16 x 50m Aim to swim event pace 60 – 65 sec per 50m (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 100m (30 SRI, PTC 2:40) 2 x 100m Moderate swim (30 SRI, PTC 2:40)
Cool Down	3 x 100m with pull buoy or float

Challenge Yourself

Week 5 - Endurance phase

Focus	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 strategize your Swimathon in terms of distances completed before taking rest. Ensure you are taking in adequate hydration before, during and after the sessions to maximise your performance.
Distance	2,500m
Duration	55 min
Repeat this session	2-3 x this week
Warm Up	3 x 100m Swim (30 SRI)
Skill Development	6 x 50m Fast Turns (20 SRI)
Main Set	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)
Cool Down	6 x 50m Backstroke (20 SRI)

Event Day



Good Luck & Enjoy It!

