

# Beginners 5km swim plan






We set up a simple plan for your first 5km ocean swim. This 12 weeks training schedule is split into four parts of preparation. First 3 weeks are Pre - preparation, next 4 are Preparation phase, 4 weeks are Main preparation phase and last week is a taper. Each week you are looking to cover 2 - 3 pool sessions and one ocean swim. The session has 3 components displayed: length of swim, swim pace and total kilometres to compete. Few example of sessions can be found further below under the program. You don't have to do your swim on specific days, but is important have one day rest between sessions. Ocean swim could be any weekend day. Stretching should be focusing on shoulders and core muscles. Last but not least HAVE FUN!!!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	km / week	week info
<b>Week 1</b> 14.11.	<b>Pre-preparation</b>	pool: 45min / 1.5km Aerobic pace	Rest	pool: 60min / 2km Aerobic pace	Rest	pool: 45min / 1.5km Aerobic pace	Ocean: 30min Easy swim 1 km	Rest	4-6km	<b>Pre-preparation</b> <ul style="list-style-type: none"> <li>• Register on website for 5km swim</li> <li>• Set up a day and time for your swim sessions</li> <li>• swim slow focus on technique.</li> <li>• Relax and have a fun</li> <li>• 3x pool, 1x ocean sessions 1.5-2km</li> <li>• 4—8km per week</li> </ul>
<b>Week 2</b> 21.11.		pool: 45min / 1.5km Aerobic pace	Rest	pool: 60min / 2km Aerobic pace	Rest	pool: 45min / 1.5km Aerobic pace	Ocean: 30min Easy swim 1 km	Rest	4-6km	
<b>Week 3</b> 28.11.		pool: 45min / 1.5km Aerobic pace	Rest	pool: 60min / 2km Aerobic pace	Rest	pool: 45min / 1.5km Aerobic pace	Ocean: 30min Easy swim 1 km	Rest	4-6km	
<b>Week 4</b> 5.12.	<b>Preparation part</b>	pool: 60min / 2km Aerobic pace	Rest	pool: 60min / 2km Aerobic pace	Rest	Pool: 60 min / 2km Aerobic pace	Ocean: 60min / 3km Easy swim	Rest	8 - 10 km	<b>Preparation weeks</b> <ul style="list-style-type: none"> <li>• focus on technique</li> <li>• aerobic swim pace</li> <li>low intensity HR 140 - 150</li> <li>• setting up swim pace for 100's</li> <li>• 3x pool sessions 2-3km</li> <li>• 1x short ocean swim</li> <li>• 8 - 12km per week</li> <li>• First Ocean swim race 2.5km (Vladswim Challenge)</li> </ul>
<b>Week 5</b> 12.12.		pool: 60min / 2km Aerobic pace	Rest	pool: 60min / 2km Aerobic pace	Rest	Pool: 60 min / 2km Aerobic pace	First Ocean race 2.5km www.Balmoral.com	Rest	8 - 10 km	
<b>Week 6</b> 19.12.		pool: 90min / 3km Aerobic pace	Rest	pool: 90min / 3km Pace work	Rest	Pool: 60 min / 2km Aerobic pace	Ocean: 90min / 3km Easy swim	Christmas rest	10 - 11 km	
<b>Week 7</b> 26.12.		pool: 60min / 2km Aerobic pace	Rest	pool: 90min / 3km Pace work	Rest	pool: 90 / 3km Fartlek	Ocean: 60min / 3km Easy swim	New Year day Rest	10 - 11 km	
<b>Week 8</b> 2.1.16	<b>Main Part</b>	pool: 90min / 3km Aerobic pace	Rest	pool: 90min / 3km Pace work	Rest	pool: 90min / 3km Fartlek	Ocean: 90min / 4km Easy swim	Stretching 20 min	11 - 13km	<b>Main preparation weeks</b> <ul style="list-style-type: none"> <li>• Focus on technique and swim pace</li> <li>• Increase swim intensity and mileage</li> <li>• 3xpool sessions 3 - 5km</li> <li>• 1x long ocean swim</li> <li>• 12 – 15km per week</li> </ul>
<b>Week 9</b> 9.1.		pool: 90min / 3km Aerobic pace	Rest	pool: 90min / 3km Pace work	Rest	pool: 90min / 3km Fartlek	Ocean: 100min / 5km Easy swim	Stretching 20 min	12 - 14km	
<b>Week 10</b> 16.1.		pool: 90min / 3km Aerobic pace	Rest	pool: 90min / 3.5km Pace work	Rest	pool: 90min / 3km Fartlek	Ocean: 90min / 4km Easy swim	Stretching 20 min	12 - 14km	
<b>Week 11</b> 23.1.		pool: 90min / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Pace work	Rest	pool: 90min / 2.5km Fartlek	Ocean: 90min / 3km Easy swim	Stretching 20 min	8 - 10km	
<b>week 12</b> 30.1.	<b>Taper</b>	pool: 60min / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Aerobic pace	Rest	5km Cole Classic	5 - 8km	<b>Taper</b> <ul style="list-style-type: none"> <li>• You are ready for the swim</li> <li>• Enjoy the swim</li> </ul>

**Aerobic Pace** : low intensity swim, HR 150-160, swim distance 200 to 2000m, focus on technique, breathing and rhythm  
**Pace Work**: high swim intensity, HR 160 - 180, Swim distance 50 to 200m, interval training, rest 10sec - 20sec.; example 4x100m with 10 sec rest  
**Fartlek Swim**: Fartlek - is mix of swim intensity, combining sprints and easy swims, Speed distance from 25 - 100m; example 10x50m (25 sprint/25 easy)  
**Aerobic Ocean swim**: Long aerobic swim pace, specific race preparation, Swim Distance 1km - 5km (skills work: sighting, direction, swim tempo, breathing...)

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Session Info	Swim Sessions			Stretching
<p><b>Aerobic Pace sets:</b></p> <ul style="list-style-type: none"> <li>warm up swim or mix strokes</li> <li>Swim Down: choice swim</li> <li>Main set: Low swim Intensity                             <ul style="list-style-type: none"> <li>HR 140 - 160</li> <li>Steady swim pace</li> <li>Focus on technique</li> <li>Easy swim rhythm</li> <li>Rest between swim</li> </ul> </li> <li>Distance 10 – 20sec</li> </ul>	<p><b>Aerobic pace</b> Set: 2km W/up : 0.6km 600 swim <b>Main set: 1km</b> <b>5x200 rest 20sec</b> swim down: 0.4km 400 easy</p>	<p><b>Aerobic Pace</b> Set 2.5km warm up: 0.8km 800m mix swim,drills,swim <b>Main set: 1.3km</b> <b>2x400 rest 20sec</b> <b>2x250 rest 10sec</b> swim down: 0.2km 200 easy</p>	<p><b>Aerobic Pace</b> Set 3km warm up: 0.8km 800m swim <b>Main set 2km</b> <b>4x500 rest 20sec</b> swim down: 0.2km 200 easy</p>	
<p><b>Pace Work</b></p> <ul style="list-style-type: none"> <li>Warm up - long swim Aerobic pace</li> <li>Main set: high intensity                             <ul style="list-style-type: none"> <li>HR 160 – 180</li> <li>Recorded swim pace</li> <li>Rest time 10 -15sec</li> <li>High swim tempo</li> </ul> </li> </ul>	<p><b>Pace Work</b> Set: 2km W/up : 0.6km 600 swim <b>Main set: 1km</b> <b>HR 160 - 180</b> <b>4x100 rest 10sec</b> <b>2x150 rest 10sec</b> <b>6x50 rest 10sec</b> swim down: 0.4km 400 easy</p>	<p><b>Pace Work</b> Set: 2.5km W/up : 0.8km 800 Choice <b>Main set: 1.3km</b> <b>HR 160 - 180</b> <b>8x100 rest 15sec</b> <b>10x50 rest 10sec</b> swim down: 0.4km 400 easy</p>	<p><b>Pace Work</b> Set: 3km W/up : 1km 100 Choice <b>Main set: 1.5km</b> <b>HR 160 - 180</b> <b>3x200 rest 15sec</b> <b>3x100 rest 15sec</b> <b>2x200 rest 10sec</b> <b>2x100 rest 5sec</b> swim down: 0.5km 500 easy</p>	
<p><b>Fartlek</b></p> <ul style="list-style-type: none"> <li>Fartlek in Main set</li> <li>Combination speed and easy swim                             <ul style="list-style-type: none"> <li>High speed swim</li> </ul> </li> <li>East swim is active recovery</li> <li>Long rest 30sec to 1min</li> <li>Build up stroke power</li> <li>High swim tempo</li> </ul>	<p><b>Fartlek</b> Set: 2km W/up : 0.6km 600 swim <b>Main set: 1km</b> <b>5x200 rest 20sec</b> <b>(50speed - 150 easy)</b> swim down: 0.4km 400 easy</p>	<p><b>Fartlek</b> Set: 2.5km W/up : 0.7km 700 swim <b>Main set: 1.3km</b> <b>20x50 rest 15sec</b> <b>alternate</b> <b>3x50 speed, 2x50 easy</b> <b>300 Aerobic pace</b> swim down: 0.5km 500 easy</p>	<p><b>Fartlek</b> Set: 3km W/up : 1km 1000 swim <b>Main set: 1.5km</b> <b>10x50 rest 10sec</b> <b>400 easy</b> <b>6x50 rest 15sec</b> <b>300 easy</b> swim down: 0.5km 500 easy</p>	

\* more sessions and swim information at [www.vladswim.com.au/vladswim-academy](http://www.vladswim.com.au/vladswim-academy)