

Intermediate 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
Week 1 14.11.	Pre-preparation	pool: 60min 2km Aerobic pace	Rest	pool: 60min/2km Aerobic pace	Rest	pool: 60min/2km Aerobic pace	Ocean: 60min Easy swim 2km	Rest	6-8km	Pre-preparation <ul style="list-style-type: none"> • Register on website for 5km swim <ul style="list-style-type: none"> • Set up a day and time for your swim sessions • swim slow focus on technique. <ul style="list-style-type: none"> • Relax and have a fun • 3x pool, 1x ocean sessions 2km <ul style="list-style-type: none"> • 6-8km per week
Week 2 21.11.		pool: 60min/2km Aerobic pace	Rest	pool: 60min/2km Aerobic pace	Rest	pool: 60min/2km Aerobic pace	Ocean: 60min Easy swim 2km	Rest	6-8km	
Week 3 28.11.		pool: 60min/2km Aerobic pace	Rest	pool: 60min/2km Aerobic pace	Rest	pool: 60min/2km Aerobic pace	Ocean: 60min Easy swim 2km	Rest	6-8km	
Week 4 5.12.	Preparation part	pool: 60min/2.5km Aerobic pace	Rest	pool: 60min/2.5km Aerobic pace	Rest	pool: 60min /2.5km Aerobic pace	Ocean: 60min/3km Easy swim	Rest	10 - 12 km	Preparation weeks <ul style="list-style-type: none"> • focus on technique • aerobic swim pace low intensity HR 140 - 150 • setting up swim pace for 100's <ul style="list-style-type: none"> • 3x pool sessions 2.5-3km • 1x short ocean swim • 10 - 12km per week • First Ocean swim race 5km (Vladswim Challenge)
Week 5 12.12.		pool: 60min/2.5km Aerobic pace	Rest	pool: 60min swim/2.5km Pace work	Rest	pool: 60min/2.5km Aerobic pace	First Ocean race/5km www.Balmoral.com	Rest	10 - 13 km	
Week 6 19.12.		pool: 60min/3km Aerobic pace	Rest	Pool: 60min/3km Pace work	Rest	pool: 60 min/3km Aerobic pace	Ocean: 60min/3km Easy swim	Christmas rest	10 - 12 km	
Week 7 26.12.		pool: 60min/3km Aerobic pace	Rest	Pool: 60min/3km Pace work	Rest	pool: 60 - 90min/3km Fartlek	Ocean: 60min/3km Easy swim	New Year day Rest	11 - 12 km	
Week 8 2.1.16	Main Part	pool: 90min/3.5km Aerobic pace	Rest	pool: 90min/3.5km Pace work	Rest	pool: 90min/3.5km Fartlek	Ocean: 90min/5km Easy swim	Stretching	12 - 15km	Main preparation weeks <ul style="list-style-type: none"> • Focus on technique and swim pace • Increase swim intensity and mileage HR 160-170 <ul style="list-style-type: none"> • 3xpool sessions 3 - 4km • 1x long ocean swim • 12 - 15km per week
Week 9 9.1.		pool: 90min/4km Aerobic pace	Rest	pool: 90min/3.5km Pace work	Rest	pool: 90min/3.5km Fartlek	Ocean: 90min/5km Easy swim	Stretching	13 - 16km	
Week 10 16.1.		pool: 90min/4km Aerobic pace	Rest	pool: 90min/3.5km Pace work	Rest	pool: 90min/3.5km Fartlek	Ocean: 90min/4km Easy swim	Stretching	12 - 15km	
Week 11 23.1.		pool: 90min/3km Aerobic pace	Rest	pool: 90min/3km Pace work	Rest	pool: 60min/3km Aerobic pace	Ocean: 90min/4km Easy swim	Stretching	12 - 15km	
week 12 30.1.	Taper	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	Taper <ul style="list-style-type: none"> • You are ready for the swim <ul style="list-style-type: none"> • enjoy the swim

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: Breathing, swim tempo, stroke, sighting, direction...)

Session Info	Swim Sessions			Stretching
<p>Aerobic Pace sets:</p> <ul style="list-style-type: none"> warm up swim or mix strokes Swim Down: choice swim Main set: Low swim Intensity <ul style="list-style-type: none"> HR 140 - 160 Steady swim pace Focus on technique Easy swim rhythm Rest between swim <p>Distance 10 – 20sec</p>	<p>Aerobic Pace Set: 2.5km warm up: 0.8km 800m swim Main set: 1.3km 400 - 300 - 2x200 - 2x100 rest 10sec swim down: 0.2km 200 easy</p>	<p>Aerobic Pace Set: 3km warm up: 0.8km 800m swim Main set: 1.5km 500 - 400 - 100 - 300 - 200 rest 20sec swim down: 0.2km 200 easy</p>	<p>Aerobic Pace Set: 4km warm up: 1.5km 1500m swim Main set: 2km 2x250 rest 10sec 5x200 20sec 5x100 10sec rest swim down: 0.5km 500 easy</p>	
<p>Pace Work</p> <ul style="list-style-type: none"> Warm up - long swim Aerobic pace Main set: high intensity in Anaerobic Threshold pace <ul style="list-style-type: none"> HR 160 – 180 Recorded swim pace Rest time 10 -15sec High swim tempo 	<p>Pace Work Set: 3km W/up : 1km 1000 Choice Main set: 1.5km 3x200 rest 15sec 3x100 rest 15sec 2x200 rest 10sec 2x100 rest 5sec swim down: 0.5km 500 easy</p>	<p>Pace Work Set: 3.5km W/up : 1.2km 1200 Choice Main set: 1.8km 4x200 rest 15sec 4x100 rest 15sec 2x200 rest 10sec 2x100 rest 5sec swim down: 0.5km 500 easy</p>	<p>Pace Work Set: 4km W/up : 1.5km 1500 swim technique mix drills & strokes Main set: 2km 5x200 rest 20sec 10x100 rest 10sec swim down: 0.5km 500 easy</p>	
<p>Fartlek</p> <ul style="list-style-type: none"> Fartlek in Main set Combination speed and easy swim <ul style="list-style-type: none"> High speed swim East swim is active recovery Long rest 30sec to 1min Build up stroke power High swim tempo 	<p>Fartlek Set: 3km W/up : 1km 1000 swim Main set: 1.5km 6x250 rest 10sec (50speed - 200 aerobic pace) swim down: 0.5km 500 easy</p>	<p>Fartlek Set: 3.5km W/up : 1.5km 1500 swim Main set: 1.7km 500 Aerobic pace 4x50 speed 20sec rest 500 Aerobic pace 4x50 speed 10sec rest 300 easy swim down: 0.3km 300 easy</p>	<p>Fartlek Set: 4km W/up : 1.5km 1500 swim Main set: 1.5km 3x {4x50 speed rest 20sec 300 easy } swim down: 1km 1000 easy</p>	

* more sessions and swim information at www.vladswim.com.au/vladswim-academy