

Advance 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 / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Aerobic pace	Ocean: 60min Easy swim 3km	Rest	8-10km	Pre-preparation <ul style="list-style-type: none"> Register on website for 5km swim 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 8-10km per week
Week 2 21.11.		pool: 60min / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Aerobic pace	Ocean: 60min Easy swim 3km	Rest	8-10km	
Week 3 28.11.		pool: 60min / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Aerobic pace	Rest	pool: 60min / 2.5km Aerobic pace	Ocean: 60min Easy swim 3km	Rest	8-10km	
Week 4 7.12.	Preparation part	pool: 60min / 3km Aerobic pace	Rest	pool: 60min / 3km Aerobic pace	Rest	Pool: 60 min / 3km Aerobic pace	Ocean: 60min Easy swim 4 km	Rest	11 - 13 km	Preparation weeks <ul style="list-style-type: none"> focus on technique aerobic swim pace. Fartlek mix intensity setting up swim pace for 100's <ul style="list-style-type: none"> 3x pool sessions 3-4km 1x ocean swim 4-5km 11 - 13km per week First Ocean swim race 5km (Vladswim Challenge)
Week 5 14.12.		pool: 60min / 3km Aerobic pace	Rest	Pool: 60min / 3km Pace work	Rest	Pool: 60 min / 3km Aerobic pace	First Ocean race 5km www.Balmoral.com	Rest	12 - 14 km	
Week 6 21.12.		pool: 60min / 3km Aerobic pace	Rest	Pool: 60min / 3km Pace work	Rest	pool: 60min / 3km Fartlek	Ocean: 60min Easy swim 4 km	Christmas rest	11 - 13 km	
Week 7 28.12.		pool: 60min / 3km Aerobic pace	Rest	Pool: 60min / 3km Pace work	Rest	pool: 60min / 3km Fartlek	Ocean: 90min Easy swim 4 km	New Year day Rest	11 - 13 km	
Week 8 4.1.16	Main Part	pool: 90min / 3.5km Aerobic pace	Rest	pool: 90min / 3.5km Pace work	Rest	pool: 90min / 4km Fartlek	Ocean: 90min / 5km Easy swim	Stretching	12 - 15km	Main preparation weeks <ul style="list-style-type: none"> Focus on technique and swim pace <ul style="list-style-type: none"> Increase swim intensity and mileage 3xpool sessions 3 - 4km 1x long ocean swim 3-5km 12 - 17km per week
Week 9 11.1.		pool: 90min / 4km Aerobic pace	Rest	pool: 90min / 4 km Pace work	Rest	pool: 90min / 4km Fartlek	Ocean: 90min / 5km Easy swim	Stretching	15 - 17km	
Week 10 18.1.		pool: 90min / 3km Aerobic pace	Rest	pool: 90min / 4km Pace work	Rest	pool: 90min / 4km Fartlek	Ocean: 60min / 4km Easy swim	Stretching	12-15km	
Week 11 25.1.		pool: 90 min / 4km Aerobic pace	Rest	pool: 60min / 4km Aerobic pace	Rest	pool:90min / 4km Aerobic pace	Ocean: 60min / 3km Easy swim	Stretching	12-15km	
Week 12 1.2.	Taper	pool: 60min / 3km Aerobic pace	Rest	pool: 60min / 3km Aerobic pace	Rest	pool: 60min / 2km Aerobic pace	Rest	5km Cole Classic	5 - 8km	Taper <ul style="list-style-type: none"> You are ready for the swim 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: swim pace, breathing, tempo, sighting, direction...)

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Session Info	Swim Sessions			Stretching
<p>Aerobic Pace sets:</p> <ul style="list-style-type: none"> warm up: Fs 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 swims Distance 10 – 20sec 	<p>Aerobic Pace Set: 3km warm up: 0.8km 800m swim Main set 2km 4x500 rest 20sec swim down: 0.2km 200 easy</p>	<p>Aerobic Pace Set: 3.5km warm up: 1km 1000m swim Main set 2.4km 2x500 20sec rest 2x400 20sec rest 2x300 15sec rest swim down: 0.6km 600 easy</p>	<p>Aerobic Pace Set: 4km warm up: 0.8km 800m swim Main set 3km 4x250 15 sec rest 400 - 300 - 200 - 100 10sec rest 2x500 20 sec rest swim down: 0.2km 200 easy</p>	
<p>Pace Work sets:</p> <ul style="list-style-type: none"> Warm up - long swim Aerobic pace Main set: high intensity Anaerobic swim pace <ul style="list-style-type: none"> HR 160 – 180 Recorded swim pace Rest time 10 -15sec (15x100 on 1:30) High swim tempo 	<p>Pace Work Set: 3km W/up : 1km 1000 long swim Main set: 1.5km 15x100 rest 15sec HR 160 - 170 swim down: 0.5km 500 easy</p>	<p>Pace Work Set: 3.5km W/up : 1.2km 1200 long swim Main set: 1.8km HR 160 - 170 15x100 rest 15sec 6x50 rest 10sec swim down: 0.5km 500 easy</p>	<p>Pace Work Set: 4km W/up : 1.5km 1500 long swim Main set: 2km HR 160 - 170 15x100 rest 15sec 10x50 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 3x {6x50 hard rest 30sec 200 easy} swim down: 0.5km 500 easy</p>	<p>Fartlek Set: 3.5km W/up : 1.5km 1500 swim Main set: 1.7km 20x50 rest 20sec (alternant 2x50 speed - 2x50 easy) 400 aerobic pace 6x50 speed 30sec rest swim down: 0.3km 300 easy</p>	<p>Fartlek Set: 4km W/up : 1.5km 1500 swim Main set: 1.5km 10x100 rest 20sec as (25speed-75easy) 10x50 rest 20sec as (25speed-25easy) swim down: 1km 1000 easy</p>	

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