

# Advanced Training Plan

## Cole Classic 2km

- It is recommended you swim 3 times a week if possible, plus at least once in the open water
- Warm up with 500m before every session
- Include some drill work and breathing skills to improve technique and efficiency
- Swim Down 500m after every session (Backstroke if possible)
- Stretch after each session

	Distance	Session (repeat 3 x during the week)
<b>Week 1</b> 7 Dec	1.5km	Swim 500m continuously and record your time 5 x 100m easy with 30 seconds rest between 10 x 50m freestyle. 1 fast, 1 easy. 30sec rest before fast one
<b>Week 2</b> 14 Dec	2km	5 x 300m or Aerobic swimming to build up aerobic base 5 x 100m trying to hold average 500m pace or faster, 30sec rest between
<b>Week 3</b> 21 Dec	2.5km	5 x 200m trying to hold average 500m pace or faster. 30 sec rest between 10 x 50 pull buoy. 1 fast, 1 easy. 15sec rest before fast one 10 x 50 freestyle. 1 fast, 1 easy. 15sec rest before fast one 5 x 100m trying to do slightly faster than 500m pace. 20sec rest between.
<b>Week 4</b> 28 Dec	2.5km	10 x 100m trying to hold average 500m pace or faster. 30 sec rest between 4 x 50m kick. 25m fast/ 25m easy. 20sec rest between 10 x 50 freestyle. 1 fast, 1 easy. 20sec rest before fast one 4 x 200m trying to hold average 500m pace or faster. 20 sec Rest
<b>Week 5</b> 4 Jan	3km	500m continuously and record your time (compare to week 1) 10 x 50m trying to hold average 500m pace or faster. 20 sec Rest 4 x 50 pull buoy. 1 fast, 1 easy. 20sec rest before fast one 6 x 50 f/s. 1 fast, 1 easy. 20sec rest before fast one 5 x 200m trying to hold average 500m pace or faster. 20sec Rest 5 x 100m 1 fast, 1 easy. 20sec rest before fast one
<b>Week 6</b> 11 Jan	3km	5 x 300m or Aerobic swimming to keep building up aerobic base 10 x 50m freestyle. 1 fast 1 easy. 20sec rest between 2 x 500m trying to do slightly faster than 500m pace from week 1
<b>Week 7</b> 18 Jan	3.5km	10 x 100m trying to do slightly faster than 500m pace. 20sec rest between. 4 x 50m kick. 25m fast/ 25m easy. 20sec rest between 6 x 50m freestyle. 1 fast 1 easy. 20sec rest between 5 x 400m steady as per 500m pace
<b>Week 8</b> 25 Jan	2.5km	10 x 50m trying to hold average 500m pace or faster. 20sec Rest 8 x 50 pull buoy. 1 fast, 1 easy. 30sec rest before fast one 3 x 200m steady as per 500m pace 2 x 500m slightly faster than original 500m pace. 30sec rest between
<b>Race Week</b> 1 Feb	1.9km	<b>Session 1:</b> Longer 1km Aerobic warm up 9 x 100m 1. At 500m pace 2. Faster than 500m pace 3. Easy Repeat 3 times. 30 seconds rest between 1 & 2.
	1.5km	<b>Session 2:</b> Two days before race 9 x 100m (slow, medium, fast. Repeat 4 times) 3 x 200m steady as per 500m pace