

Advanced Training Plan

Cole Classic 1km

- It is recommended you swim 3 times a week if possible, plus at least once in the open water
- Warm up with 400m before every session
- Include some drill work and breathing skills to improve technique and efficiency
- Swim Down 400m after every session (Backstroke if possible)
- Stretch after each session

	Distance	Session (repeat 3 x during the week)
Week 1 7 Dec	1km	Swim 500m continuously and record your time 5 x 100m easy with 30 seconds rest between
Week 2 14 Dec	1km	3 x 300m or Aerobic swimming to build up aerobic base 2 x 50m (25m fast/25m easy)
Week 3 21 Dec	1.2km	3 x 300m or Aerobic swimming to keep building up aerobic base 6 x 50m pull buoy. 1 fast 1 easy. 30sec rest between
Week 4 28 Dec	1.2km	6 x 100m trying to hold average 500m pace or faster. 20sec rest between 6 x 50m kick. 25m fast/ 25m easy. 20sec rest between 6 x 50m freestyle 1 fast 1 easy. 20sec rest between
Week 5 4 Jan	1.5km	500m continuously and record your time (compare to week 1) 12 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
Week 6 11 Jan	1.5km	3 x 300m or Aerobic swimming to keep building up aerobic base 8 x 50m freestyle. 1 fast 1 easy. 20sec rest between 200m freestyle faster than 500m pace from last week
Week 7 18 Jan	2km	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 4 x 200m trying to hold average 500m pace or faster. 20sec Rest
Week 8 25 Jan	2km	10 x 50m trying to hold average 500m pace or faster. 20sec Rest 8 x 50 pull buoy. 1 fast, 1 easy. 20sec rest before fast one 5 x 100m average pace 20sec rest 2 x 300m trying to hold average 500m pace or faster. 20sec Rest
Race Week 1 Feb	900m	Session 1: Longer Aerobic warm up 9x 100m 1. At 500m pace 2. Faster than 500m pace 3. Easy Repeat 3 times. 30 seconds rest between 1 & 2.
	600m	Session 2: Two days before race 12 x 50m (slow, medium, fast. Repeat 4 times)