## 1 MILE TRAINING PLAN

- The plan is based on 3 blocks of 4 weeks - each week there are 2 core swim sessions and an optional third session
- Sessions 1 & 2 are based on building endurance and developing speed
- Session 3 is a steady recovery swim where you can concentrate on swim technique / drills, or swimming continuously
- We suggest printing and laminating this plan to take with you to the poolside

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### Each swim session should include:
Warm up - gradually increase your heart rate & warm up your muscles. Start slowly and build pace. Allow around 5 minutes.
Main session - these are mainly interval training sets - a series of swim efforts interspersed with recovery. Swim at race pace or faster.
Cool down - a slow, easy swim to help your body recover. Concentrate on swim technique. Allow around 5 minutes.

| BLOCK 1 | WEEK 1 | MAIN SESSION 1 | 400m time trial – swim at fastest, sustainable pace. Record time to get your benchmark. |
| BLOCK 1 | WEEK 2 | MAIN SESSION 1 | 4 x 150m at fastest sustainable (race) pace resting 30 secs after each 150m |
| BLOCK 1 | WEEK 3 | MAIN SESSION 1 | 3 x 200m at fastest sustainable pace resting 45 secs after each 200m |
| BLOCK 1 | WEEK 4 | MAIN SESSION 1 | 4 x150m where each 150m consists of 100m at fastest sustainable pace – rest 10 secs – then swim 50m at a faster pace. 20 secs after each 150m undertake a 50m easy swim (change stroke if you prefer) then rest a further 20 secs before the next 150m. |

### MAIN SESSION 2

#### WEEK 1

- **5 x100m at fastest sustainable (race) pace resting 20 secs after each 100m**

#### WEEK 2

- **2 sets of 5 x 50m. Each 50m swum faster than race pace**
  - Set 1: Rest 15 secs after each 50m
  - Set 2: Rest 20 secs after each 50m
  - Easy 100m recovery swim after each set*

#### WEEK 3

- **3 sets of 4 x 50m. Each 50m swum faster than race pace.**
  - Set 1: Rest 10 secs after each 50m
  - Set 2: Rest 15 secs after each 50m
  - Set 3: Rest 20 secs after each 50m
  - Easy 100m recovery swim after each set

#### WEEK 4

- **Pyramid:**
  - 6 x 25m rest 15 secs after each 25m. Hold pace – faster than race pace
  - 3 x 50m rest 20 secs after each swim. Hold pace – faster than race pace
  - 1 x100m rest 30 secs after swim. Try to swim at race pace
  - 3 x 50m rest 20 secs after each swim. Hold pace – faster than race pace
  - 6 x 25m rest 15 secs after each swim. Hold pace – faster than race pace.

### SESSION 3

- **Recovery swim – aim for 800m +**

### Notes:
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# 1 Mile Training Plan

## Block 2

### Week 5

**Main Session 1**
- 400m time trial – swim at fastest, sustainable pace. Record time and note improvement.
- Rest 60 secs then undertake a 100m easy swim
- 200m time trial – try to swim at faster pace than 400m

**Main Session 2**
- 8 x 100m at fastest sustainable (race) pace resting 15 secs after each 100m

**Session 3**
- Recovery swim – aim for 1000m+

### Week 6

**Main Session 1**
- 6 x 150m at fastest sustainable (race) pace resting 30 secs after each 150m

**Main Session 2**
- 3 sets of 50ms. Every 50m swum at faster than race pace.
  - Set 1: 3 x 50m Rest 10 secs after each 50m
  - Set 2: 4 x 50m Rest 15 secs after each 50m
  - Set 3: 5 x 50m Rest 20 secs after each 50m
- Easy 100m recovery swim after each set.

**Session 3**
- Recovery swim – aim for 1000m+

### Week 7

**Main Session 1**
- 4 x 200m at fastest sustainable pace resting 45 secs after each 200m

**Main Session 2**
- 3 sets of 50ms. Every 50m swum at faster than race pace.
  - Set 1: 3 x 50m Rest 20 secs after each 50m
  - Set 2: 4 x 50m Rest 15 secs after each 50m
  - Set 3: 5 x 50m Rest 10 secs after each 50m
- Easy 100m recovery swim after each set.

**Session 3**
- Recovery swim – aim for 1200m+

### Week 8

**Main Session 1**
- 5 x 150m where each 150m consists of 100m at fastest sustainable pace – rest 10 secs – then swim 50m at a faster pace.
- 20 secs after each 150m undertake a 50m easy swim (change stroke if you prefer) then rest a further 20 secs before the next 150m.

**Main Session 2**
- **Pyramid:**
  - 8 x 25m rest 15 secs after each 25m. Hold pace – faster than race pace
  - 4 x 50m rest 20 secs after each swim. Hold pace – faster than race pace
  - 2 x 100m rest 30 secs after each swim. Try to swim at race pace
  - 4 x 50m rest 20 secs after each swim. Hold pace – faster than race pace
  - 8 x 25m rest 15 secs after each swim. Hold pace – faster than race pace.

**Session 3**
- Recovery swim – aim for 1000m+
## 1 MILE TRAINING PLAN

**BLOCK 3**

### WEEK 9

**MAIN SESSION 1**
800m time trial – swum at fastest sustainable pace. Try to beat the pace you achieved in the week 1 time trial.

**MAIN SESSION 2**
12 x100m Swum as 4 sets of 3 x100m where the 100s in each set get progressively faster i.e. 1st 100 is slowest and the 3rd 100 is the fastest. Easy 50m swim after each set.

**SESSION 3**
Recovery swim – aim for 1200m+

### WEEK 10

**MAIN SESSION 1**
6 x 200m at fastest sustainable (race) pace resting 30 secs after each 200m

**MAIN SESSION 2**
3 sets of 75m. Every 75m swum at faster than race pace.  
Set 1: 3 x 75m Rest 10 secs after each 75m  
Set 2: 4 x 75m Rest 15 secs after each 75m  
Set 3: 5 x 75m Rest 20 secs after each 75m  
Easy 100m recovery swim after each set.

**SESSION 3**
Recovery swim – aim for 1400m+

### WEEK 11

**MAIN SESSION 1**
3 x 400m – alternating pace. Try to reduce overall time for each 400m.  
1st 400m: 50m steady pace, 50m increase pace repeated 4 times  
2nd 400m: 50m steady pace, 100m increase pace, 50m steady pace, 100m increase pace, 50m steady pace  
3rd 400m: Swum at fastest sustainable pace. Easy 50m recovery swim and 60 secs rest after each 400m

**MAIN SESSION 2**
3 sets of 75m. Every 75m swum at faster than race pace.  
Set 1: 3 x 75m Rest 20 secs after each 75m  
Set 2: 4 x 75m Rest 15 secs after each 75m  
Set 3: 5 x 75m Rest 10 secs after each 75m  
Easy 100m recovery swim after each set.

**SESSION 3**
Recovery swim – aim for 1400m+

### WEEK 12

**MAIN SESSION 1**
8 x 200m at fastest sustainable (race) pace resting 30 secs after each 200m. If struggling to maintain pace swim as 2 sets of 4 x200m with a 100m recovery swim between sets.

**MAIN SESSION 2**
Pyramid:  
10 x 25m rest 15 secs after each 25m. Hold pace – faster than race pace 5 x 50m rest 20 secs after each swim. Hold pace – faster than race pace 3 x100m rest 30 secs after each swim. Try to swim at race pace 5 x 50m rest 20 secs after each swim. Hold pace – faster than race pace 10 x 25m rest 15 secs after each swim. Hold pace – faster than race pace

**SESSION 3**
Recovery swim – aim for 1800m (1mile) continuous swim

YOU'RE NOW READY TO TAKE ON THE CHALLENGE!