

1 MILE TRAINING PLAN



As a guide you should be able to swim 400m (16 lengths of 25m pool) continuously before starting this 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

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 – swum at fastest, sustainable pace. Record time to get your benchmark.

MAIN SESSION 2

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

SESSION 3

Recovery swim – aim for 800m +

WEEK 2

MAIN SESSION 1

4 x 150m at fastest sustainable (race) pace resting 30 secs after each 150m

MAIN SESSION 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"

SESSION 3

Recovery swim – aim for 800m +

WEEK 3

MAIN SESSION 1

3 x 200m at fastest sustainable pace resting 45 secs after each 200m

MAIN SESSION 2

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

SESSION 3

Recovery swim – aim for 800m +

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

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 1000m+

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BLOCK 2

WEEK 5

MAIN SESSION 1

400m time trial – swum 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+

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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 x 100m
Swum as 4 sets of 3 x 100m 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 x 200m 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 x 100m 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 1600m (1mile) continuous swim

YOU'RE NOW READY TO TAKE ON THE CHALLENGE!