



But first, let's get your head in the right place.

Your attitude towards training will be key to how much you enjoy your Swimathon experience. By working on yourself you can learn and develop new skills that you'll be able to use in other areas of your life.

Here's how it works: identify what you can say to yourself that will help.

"I'm tired, it's cold and raining and Swimathon is still five weeks away. I really don't think I've the energy to swim today."

Or

"I've had a long day and a swim is going to really refresh me. I felt so much better after my last swim and I'm looking forward to diving in and putting my hassles behind me."

OK it's simple but it works. Let's develop it further.

"That water looks cold and I've got to swim so many lengths."

Or

"Look how the water is moving and the light reflects off of it. It's really beautiful! It's going to be so refreshing and will wash away my cares. I can't wait to get in the water and get started."

During training:

"Oh no I've got xxx lengths to go and I'm exhausted. Up down up down up down – how many more lengths did Duncan say I should swim? It's OK for him."

Or

"Whoa, I've swum xxx more lengths than last week and I'm still going. My stroke rate is lower and I can feel I'm more streamlined in the water and I'm swimming faster."

On leaving the water:

"I'm starving and I must get something to eat."

Or

"What a fab swim. I feel so much better than I did before my great workout - didn't I do well! I must remember how good I feel now so I won't miss another swim."



Your positive self-talk serves to reinforce positive behaviour patterns that will change your training experience and transform your performance in Swimathon.

Training Programme

| | | |
|---------------------|-----------------------|--|
| BEGINNER | 1-2 sessions per week | Designed to help you achieve 1.5k - 2.5k |
| INTERMEDIATE | 2-3 sessions per week | Designed to help you achieve 2.5k - 5k |
| ADVANCED | 3 + sessions per week | Designed to help you achieve 5k |

SP = starting point

WEEK 1: STARTING OUT

| Level | Exercise | Reps | Description | Distance |
|--------------|--|--------|---|----------------|
| Beginner | Swim until you feel slightly breathless | | Make a note of how far you've swum, how long it has taken you and how you feel. This is your starting point (SP) | SP |
| | Rest for 2 mins 6 x 50m on another stroke | 1 | Take a 10 second rest after every 50m - if you feel good you can repeat this set on any stroke you choose, but don't overtax yourself - you don't want to make yourself so sore you never swim again! | 0.3k |
| TOTAL | | | | 0.3k+SP |
| Intermediate | 200m warm up 400m steady swim for time | 1 1 | Make a note of how your 400m swim felt and your time. This is your starting point (SP) | 0.6k |
| | Swim 50m, 100m, 200m, 100m, 50m | 1 | After each distance rest for 10sec If you feel good and have time repeat the set on another stroke but don't overdo it. | 0.5k |
| | Warm down 200m | | | 0.2k |
| TOTAL | | | | 1.3k |
| Advanced | 400m warm up 400m for time steady pace | 1 | Make a note of how your 400m swim felt and your time. This is your starting point (SP) | 0.4k 0.4k |
| | 4x200m alternate stroke | 1 | consistent pace - 30 secs rest after every 200m | 0.8k |
| | 4x100m chosen stroke | 2 | 15 secs rest after every 100m | 0.8k |
| | 200m warm down | | | 0.2k |
| TOTAL | | | | 2.6k |

WEEK 2: PICK UP THE PACE

| | | | | |
|--------------|---|---|--|-------------|
| Beginner | Warm up 200m mix strokes | 1 | | 0.2k |
| | 4x100m | 1 | Nice steady pace with 30sec rest between each 100m. Try and make the last 100m as fast as your first | 0.4k |
| | 200m warm down mixed strokes | 1 | | 0.2k |
| TOTAL | | | | 0.8k |
| Intermediate | 300m warm up | 1 | At least 100m kick only | 0.3k |
| | 200m, 100m, 50m, 50m, 100m, 200m | 1 | Rest for 45sec after each distance | 0.7k |
| | 2x400m | 1 | Keep your pace even throughout | 0.8k |
| | 4x100m | 1 | 1mins rest between and descending (reach one faster than the one before) | 0.4k |
| | 300m warm down | 1 | | 0.3k |
| TOTAL | | | | 2.5k |
| Advanced | 400m warm up | 1 | Warm up at least 100m kick | 0.4k |
| | 100m, 200m, 300m, 400m, 300m, 200m 100m | 1 | 1min rest after each one | 1.8k |
| | 8x50m | 1 | 15 sec rest between each descending time | 0.4k |
| | 400m warm down | 1 | | 0.4k |
| TOTAL | | | | 3.0k |

WEEK 3: TECHNIQUE - GET IT RIGHT

| | | | | |
|--------------|---|---|-------------------------------------|--------------|
| Beginner | 200m warm up | 1 | | 0.2k |
| | Timed swim | 1 | SP - compare | >SP |
| | 4x100m chosen stroke | 1 | Strong pace - 30 secs rest | 0.4k |
| | 200m warm down | 1 | Kick only for at least one length | 0.2k |
| TOTAL | | | | 0.8k+ |
| Intermediate | 400m warm up | 1 | 100m kick | 0.4k |
| | 400m SP timed swim | 1 | Make SP comparison | 0.4k |
| | 2x200m | 1 | 1 min rest | 0.4k |
| | 4x100m | 2 | 30sec rest with 2 mins between sets | 0.8k |
| | 4x50m | 2 | 30sec rest with 1 min between sets | 0.4k |
| | 400m warm down | 1 | 100m kick | 0.4k |
| TOTAL | | | | 2.8k |
| Advanced | 400m warm up | 1 | | 0.4k |
| | 400m SP timed | 1 | Make SP comparisons | 0.4k |
| | 100m, 200m, 400m, 800m, 400m ,200m 100m | 1 | 30 sec rest after each 100m | 2.2k |
| | 400m warm down | 1 | 100m kick | 0.4k |
| TOTAL | | | | 3.4k |



WEEK 4: DISTANCE SWIM

| | | | | |
|--------------|--|---|---|------------------|
| Beginner | Warm up 200m | 1 | | 0.2k |
| | 1,500m alternating stroke whenever you need to | 1 | | 1.5k |
| TOTAL | | | | 1.7k |
| Intermediate | 400m | 1 | Warm up | 0.4k |
| | 3,000-3,500m alternating stroke and resting | 1 | Steady pace - 10 sec rest whenever you need to after every 500m | 3-3.5k |
| TOTAL | | | | 3-3.5k |
| Advanced | 400m | 1 | Warm up | 0.4k |
| | 4x800m alternating stroke if you need to 400m warm down | | Steady pace - 1 min rest after Kick at least 100m | 3.2k 0.4k |
| TOTAL | | | | 4.0k |



WEEK 5: MIXING IT UP

| | | | | |
|--------------|------------------------------------|---|--|-----------------|
| Beginner | 300m warm up | 1 | | 0.3k |
| | 100m steady pace, 200m strong pace | 1 | | 0.3k |
| | 200m steady pace, 100m strong pace | 1 | | 0.3k |
| | 100m steady pace, 200m strong pace | 1 | | 0.3k |
| | If time permits do a 300-800m swim | 1 | Steady pace and warm down | 0.3-0.8k |
| TOTAL | | | | 1.5-2.0k |
| Intermediate | 600m warm up | | Include 200m kick | 0.6k |
| | 2x100m 2x200m | 1 | Ascending/descending set with 30sec rest and 1.30 rest between each set Steady pace | 0.2k 0.4k |
| | 2x400m | 1 | Steady then hard | 0.8k |
| | 2x200m | 1 | Strong pace | 0.4k |
| | 2x100m | 1 | Hard pace | 0.2k |
| | 400m warm down | 1 | Mixed stroke | 0.4k |
| | TOTAL | | | |
| Advanced | 1000m warm up | 1 | Easy 50m then hard 50m | 1.0k |
| | 4x200m | 2 | descending pace with 45sec rest and 1.30min between sets | 1.6k |
| | 4x50m kick | 1 | Hard with 30sec rest | 0.2k |
| | 400m warm down | 4 | Kick 200m | 1.6k |
| TOTAL | | | | 4.4k |

WEEK 6: EASY DOES IT!

| | | | | |
|--------------|---|-----------|--|--------------------|
| Beginner | 500m warm up | | Mix with kick | 0.5k |
| | SP time | | Compare SP | >SP |
| | 500m chosen stroke | 1, 2 or 3 | Steady pace – 1 min rest after each 500m | 0.5k, 1.0k or 1.5k |
| TOTAL | | | | 1-2.0k+ |
| Intermediate | 500m warm up | 1 | Kick at least 200m | 0.5k |
| | 400m SP time | 1 | Compare SP time | 0.4k |
| | 500m alternating strokes by 100m | Up to 3 | Steady pace - 1min rest after each 500m | Up to 1.5k |
| | 400m warm down | 1 | | 0.4k |
| TOTAL | | | | Up to 2.8k |
| Advanced | 400m warm up | | | 0.4k |
| | 400m timed SP swim | | SP comparison | 0.4k |
| | 800m, 400m, 200m, 100m, 50m, 100m, 200m, 400m, 800m | 1 | 1 min rest focus on negative splitting - faster on the second half of each swim also working the turns (see above) | 2.05k |
| | 8x50 kick | 1 | | 0.4k |
| | 400m warm down | | | 0.4k |
| TOTAL | | | | 3.65k |

CONGRATULATIONS!!

You have now completed your six week training plan. Good luck with your Swimathon challenge and don't forget to collect all your sponsorship money!



Swimming advice

- ★ Set goals – success feels good and setting new goals often gives you a sense of achievement and moving forward.
- ★ Become more frequent – training often is much better than one big workout. Three shorter workouts a week will prepare you better than one long one.
- ★ Monitor – keep a log of your training. Swimming is the most objective sport. You can track length, time and strokes. The more you have to track the more you can see your progress. Along with objective measures write a few comments and observations about your workout. You can then look back and see how you are changing.
- ★ Celebrate your success - be honest with yourself. Only you can feel good about your successes! The more honest and objective you are towards the goals you set the greater the sense of progress and achievement.
- ★ Every stroke counts - by making each of your strokes the best it can be you are working on efficiency, so count how many strokes you take per length and work to reduce them.
- ★ Streamline - set up each of your lengths as you push off and you will see the benefits. As you push off think of trying to make yourself as thin and long as possible. Hold your legs together, pointing your toes, straightening your elbows and getting the top of your shoulder to touch your ears. Doing this will set up each length with the thought of how you can streamline yourself and reduce your drag through the water.
- ★ Catch up - freestyle arm motion shouldn't be like a windmill (arms rotating at the same pace). Top swimmers allow the hand when it enters the water to pause while stretched out in front, so at this point the other hand is catching up with the one in front. This allows a. the body to run on through the water, b. time to get a better catch (feel) for the water, c. a higher recovering elbow position and therefore shoulder rotation (this allows you to pull with both your pecs and lat muscles) and d. most crucial you will have much more time to breathe.
- ★ Bilateral breathing - work on breathing on both sides on freestyle to balance your stroke and therefore equalise your strength and flexibility.
- ★ Breathe out - make sure you are breathing out when your head is underwater so you get plenty of time to breathe in air.
- ★ Power your turns - as you advance make more of your turns. Push off, streamline and while still underwater add a few undulations (butterfly leg kicks). You will be amazed on how much further you will travel on your turns.
- ★ Hydrate - swimming is demanding and you dehydrate very quickly in the warm, humid environment of a pool. Drink water before, during and after swimming. The reason you are so hungry after swimming is partly because you are dehydrated. Hydrating properly will reduce your appetite after you swim.
- ★ Feed your swimming - trim your diet. Cut back on sugars - sorry alcohol turns to sugar in your system. Trim fats and stodge. Avoid comfort foods. Eat well: veggies, fish, lean meats, poultry and game. Your carbs should be eaten in the form of whole foods (they are less processed and the body absorbs them gradually rather than all at once); for the same reason eat fruit rather than drinking fruit juices. Avoid sugars at night including fruit. Your body definitely doesn't need them to sleep!