

JUNIOR AND NOVICE MIDMAR MILE SWIM TRAINING PROGRAM

This program is specifically designed for those young guns aged 8 to 12 years old looking to finish an open water swim for the 1st time as well as for those “older” guns that are new to the sport of open water swimming.

You have a 4-week program laid out before you that requires at least 3 swims per week to ensure that you line up at the start of the Midmar Mile fit enough to get across the dam and finish 1600m to be exact. We start with small step and slowly progress through to sessions in the knowledge that we are fit enough to swim 1.6km without the need to stop, stand and rest. You will complete this cycle at least once and then possibly a 2nd time before you head to Midmar Dam.

Swim Sessions (3 per week):

WEEK 1

Swim Session 1:

- Warm-up 200m swim easy
- 8 x 50m swim, go moderate pace rest 30 secs after each
- Easy 200m pulling recovery or swim with fins
- 2 x 200m swim (First one moderate, then rest 2 minutes, the 2nd one is harder)
- Easy cool down swim of 100m any stroke

Total: 1200m

Swim Session 2:

- Warm-up with a 200m swim, 100m kick, 200m pull
- Swim 200-400m without stopping. See how far you get before the need to rest and remember this distance
- 16 x 25m hard swims resting 20 secs after each
- Relax and cool down slow

Total: 1100m-1300m

Swim Session 3:

- Warm-up 200m easy
Do 3 sets of:
 - 3 x 50m hard swimming
 - Rest 30 seconds between each 50m
 - After each set rest a full minute
- Do an easy 200m fins swim or fins kick after this set

- Do 2 sets of:
 - 2 x 100m the first 100m is fast, the 2nd 100m is slower
 - Rest 30 secs after each 100m
 - Rest 2 minute between the two sets

Total: 1250m

WEEK 2

Swim Session 1:

- Do a 200m swim, then kick 100m, then use the pull buoys and swim another 200m
- Do this set 3 times in succession with no rest in between
- 8 x 25m (every 2nd one do butterfly, rest 30 secs after each, can go hard the crawl ones)
- Easy 100m cool down

Total: 1800m

Swim Session 2:

- Easy 200m warm-up swim
- 10 x 100m fast pace, resting 20-30 seconds after each 100m

Total: 1200m

Swim session 3:

- Warm-up 200m easy swimming
- 4 x 50m hard swimming
- Rest 20 seconds
- 100m easy swimming after the set
- 4 x 50m hard swimming
- Rest 15 seconds
- 100 easy kicking fins or just board
- 8 x 25m maximum sprints, rest well after each sprint, at least 30 secs
- Recover and get out!!

Total: 1200m

WEEK 3

Swim Session no 1

Warm-up 200m swimming

1 x 200m go as hard as you can

Easy 200m recovery swim or kick with fins or pull with pull buoy

1 x 200m slower

Easy 100m

6 x 50m moderate race pace effort (rest 20 seconds between each 50m)

Recovery swim of 100m easy

Total 1100m

Swim Session no 2

4 x 50m swimming moderate, rest 30 seconds

4 x 50m kicking, rest 30 seconds after each, go hard but no flipper

4 x 50m swimming harder, rest 40 seconds after each one

2 x 100m swimming, moderate pace rest 1x 2 minutes after the two hundreds

2 x 100m kicking, rest 20 seconds

2 x 100m hard swimming on 2 minutes or slightly quicker on 1:50 when fit

Easy 100m-recovery swim

Total 1500m

Swim Session no 3

10 x 25m moderate sprints, rest 20 secs

10 x 25m hard sprints, rest 30 seconds between each

Easy 100m kick

10 x 25m moderate sprints, rest 10 secs

10 x 25m hard sprints, rest 20 seconds between each

Easy 100m kick

8 x 25m sprints rest 20 secs

Relax and rest

Total 1400m

WEEK 4

Swim Session no 1

Warm-up 200 swim, 200m kick, 200m swim
5 x 100m at race pace effort, rest a full 1 minute between each set. (Midmar mile race pace)
200m easy recovery swim
2 x 25m max sprints on 25 secs
50m easy

Total 1400m

Swim Session no 2

Try and get to an open water venue that is safe. You need to be able to swim for at least 15-20 minutes without standing up or holding onto something. Swim right next to the shore and have somebody in close attendance to watch over you. You will use this session to practice open water breathing. Lifting your head a lot to see where you are going. You can do some breast stroke or roll onto your back when you get tired and just float until you have regained some energy. This session you must plan to do at least 3 to 4 times in total with the last one requiring you to spend at least 40 minutes out in the open water without the need to stand or hold on. Start with a small amount of time (15-20 minutes) and build it up over the course of 8 weeks (20-40 minutes)

Total between 800m-1.5km

Swim Session no 3

Do a set of Swim 100m, kick 50m, pull 100m (repeat this 4 times)
16 x 25m sprints rest 30 seconds after each one but go them really hard
200m easy cool down

Total 1600m

Do this program at least 2 times (8 weeks) with the possibility of entering and completing shorter open water swim event well in advance of the MIDMAR mile.

Your child and or you should be good to go with this novice/beginner approach to the Midmar Mile
