

INTERMEDIATE DBN 70.3 SWIM TRAINING PROGRAMS

You will be starting with a certain degree of swim fitness if you want to tackle this program. It's not focused on the more advanced swimmer but rather the swimmer who does a couple of sessions down at their local gym per week and swims for say 30-40 minutes each session, without much of a "plan". This 4-week program will give you a good idea of what you can do on a weekly basis to form a nice base from which you can work off. Only 3 sessions per week, so not too much stress just yet to actually get out there and get "swim fit". Swimming fit is all about being consistent. If you stick at it long enough, the arms will adjust and you will get fitter and faster. A good idea would be to try and do some open water swims, either during a race type set-up or in a group on the weekends. A pool swim with anti-turbulent lane ropes is no real life simulation for the real deal when you get out into the open water. There are factors like swimming straight, looking for marker buoys, jostling with other swimmers for the same space and the fact that the water is normally quite choppy and rough! Get a plan together to tackle the 1.9km at DBN 70.3, start with this 4-week program and then slowly work up to the more advance program which requires 5 sessions per week with a little bit more distance involved.

Swim Sessions (3 per week):

WEEK 1

Swim Session 1:

- Warm-up 200m swim easy
- 10 x 50m swim, go moderate pace rest 20 secs after each
- Easy 200m pulling recovery
- 2 x 400m swim (First one moderate, then rest 2 minutes, the 2nd one is hard)
- Easy cool down swim of 100m

Total: 1800m

Swim Session 2:

- Warm-up with a 200m swim, 100m kick, 200m pull
- Do a time trial of 1km, building up to 2km after the 4th week.
- This must be done at maximum effort.
- Concentrate on going really hard for the first 200m after that settle into a good pace for the rest of the swim
- 4 x 25m sprints max on 30 secs
- Ease off 100m

Total: 1700m

Swim Session 3:

This is a hard session that works on your speed.

- Warm-up 400m easy
- Do 4 sets of
- 4 x 50m very hard, rest 20 secs between each 50m
- After each set rest a full minute
- Do an easy 200m after this set
- Do 2 sets of
- 4 x 100m very hard, rest 30 secs after each
- Rest 2 minute between the two sets
- Easy cool down of 200m
- 4 x 25m all out sprints, rest 1 minute between each

You will then do a 20 – 30 minute gym session thereafter as per below guidelines:

GYM WORKOUT SAMPLE SESSION geared specifically for SWIMMERS:

Abs:

- 4 sets of 20 repeats on the crunch flat bench
- 4 sets of 20 leg raises

Upper Body for Swim Strength:

- Lateral pull down machine
- 4 x 20 reps (weight med to heavy)
- Tri-cep pushdowns
- 4 x 20 repeats (wide grip and narrow grip using the same bar you can do 2 exercises instead of just one just by altering the grip slightly)
- Arm curls
- 1 x 20 reps follow immediately before resting with another
- 1 x 20 reps of up right rows and then again with
- 1 x 20 standing shoulder press
- Rest 20-30 secs then

Repeat another 3 times

WEEK 2

Swim Session 1:

This is a basic brick swim session

- 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
- 16 x 100m on 2 minutes or 2:30 (dependent on fitness level?)
- This must be at 80% effort.
- Recovery swim after the set of 200m

Total: 2km

Swim Session 3:

- Warm-up 800m easy swimming
- 4 x 50m hard swimming on 60 seconds (leave the wall every minute)
- 100m easy swimming after set
- 4 x 50m hard swimming on 55 seconds (if possible, or even 45 secs)
- 100 easy swimming
- 8 x 25m maximum sprints, rest well after each sprint, at least 30 secs
- Recover and get out!!

Total: 1600m

Follow with gym sessions after each swim workout

WEEK 3

Swim Session 1:

- Warm-up 200m swimming
- 1 x 250m maximum effort (record time)
- Easy 200-recovery swim
- 1 x 250m maximum effort (record time and try go faster than previous one)
- Easy 100m
- 3 x 100m moderate race pace effort (rest 30 seconds between each 100m)
- Easy recovery swim of 100m

Total: 1400m

Swim Session 2:

- 6 x 50m swimming moderate on 60 seconds
- 6 x 50m kicking, rest 30 seconds after each, go hard
- 6 x 50m swimming hard on 60 seconds
- 3 x 100m swimming, moderate on 2 minutes
- 3 x 100m kicking, rest 20 seconds
- 3 x 100m hard swimming on 2 minutes or slightly quicker on 1:50 when fit
- Easy 100m recovery swim

Total: 1900m

Swim Session 3:

- 10 x 25m moderate sprints, rest 20 secs
- 10 x 25m hard sprints, rest 30 seconds between each
- Easy 100m
- 10 x 25m moderate sprints, rest 10 secs
- 10 x 25m hard sprints, rest 20 seconds between each
- Easy 100m
- 2 x 200m pulling easy, rest 2 minutes after each 200m
- 4 x 50m max sprints, rest 1 minute after each 50m
- 100m easy swimming

Total: 1900m

Follow each session with gym workout as per guidelines. Opt to increase the weights in week 3 and increase the number of reps per set to 25 reps per set instead of normal 20

WEEK 4

Swim Session 1:

- Warm-up 200 swim, 200m kick, 200m swim
- 5 x 200m 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: 1900m

Swim Session 2:

- Warm-up 1km easy swimming (can do some pulling as well)
- Go hard for 500m then rest 1 minute, then go hard again for 500m
- 4 x 25m sprints on 30 secs
- Ease off

Total: 2100m

Swim Session 3:

- Swim 100m, kick 50m, pull 100m (repeat 5 times no rest)
- 16 x 25m sprints, odd ones you do butterfly (rest 10 secs after each one and 1 minute after set of 4)
- 200m easy cool down

Total: 1850m

Do gym session with some extra cardio work on either row machine or treadmill runner +- 20 minutes of this max with 30 minute weight session
