

# BALMORAL SWIM

## 1km Training Plan (8 weeks)



This 8 week training plan has been developed for the Balmoral Swim by Charmian Frend (Bronze, Masters and Open Water Coach).

All swimmers who use these suggested training plans do so at their own risk.

The training plan's aim is to build up to a long swim which is greater than the race distance in weeks 6/7 and have an easy week before race day.

Training is based on 2 pool sessions and 1 open water session each week.

A guide is given for the pool sessions work out. Some pools allow the use of paddles and some do not, so work with your own situation.

The open water session is set for the northern end of Balmoral Beach and ideally you would be swimming with others for safety purposes. The buoys mentioned in the training plan are the yellow buoys that mark the limit of the "no boat" area just off the beach. Training in open water can be dangerous and a risky activity. Please read the risks set out in the [Risk Warning](#).

Below are suggestions for a warm up and a cool down for each session. The main objective is to warm up and warm down without any equipment and to swim with different strokes so you get a good stretch in the water.

### **Suggested warm up for pool**

200m mixed strokes

4 x 50m 25m drill/25m swim or 25m kick/25m swim

### **Suggested warm down for pool**

100m-200m mixed strokes

### **Suggested warm up for open water**

Easy 4 min (approx.) swim. Out to the buoy and back

### **Suggested warm down for open water**

Easy swim along foreshore mixing up strokes.

Easy (E) – 50-60% effort

Medium – (M) – 70 – 85 % effort

Hard – (H) -85-100% effort

Secs = seconds

Desc = descending – means you swim each one quicker than the previous

Build – means you gradually increase your speed over that distance

Drill = various training drills e.g. "catch up" See [Example Drills](#)

Week	Details of plan
Week 1	<p><b>Pool – 1km</b></p> <p>1st session 500m straight swim noting time – this is your starting point</p> <p>2nd session 200m – 10 secs rest 150m – 10 secs rest 100m – 10 secs rest 50m</p>
	<p><b>Open Water</b></p> <p>Swim continuously for 1 min longer than the time you did for your 500m that you swam in the pool. Note how far you go.</p>
Week 2	<p><b>Pool – 1km</b></p> <p>1 x 200m (M) keeping an even pace throughout – 15 secs rest 4 x 100m (M) keeping an even pace – 10 secs rest between each 100m 4 x 50m (M) keeping an even pace – 5 secs rest between each 50m</p>
	<p><b>Open Water</b></p> <p>Swim from beach to buoy – 15 secs rest Swim from buoy to beach – 15 secs rest</p> <p>Do the above 3 or 4 times While doing these practice your sighting by doing a couple of water polo strokes (swimming with your head up) and checking you are in line with the buoy on the way out and on way back pick a marker on land which is where you want to aim to.</p>
Week 3	<p><b>Pool – 1km</b></p> <p>400m 300m 200m 100m</p> <p>Have 15 secs rest after each distance but as the distance decreases increase your speed.</p>
	<p><b>Open Water</b></p> <p>Swim beach to buoy and back with only 10 secs rest at buoy Do this 6 times</p>

Week	Details of plan
Week 4	<p><b>Pool</b>– 1.2km</p> <p>3 x 400m – 30 secs rest between each one See how your time for each 400 compares to your 1st 500 – they should be similar now that you are getting fitter.</p>
	<p><b>Open Water</b></p> <p>Swim beach to buoy and back to beach without stopping at the buoy</p> <p>Do this 3 times and practice sighting.</p>
Week 5	<p><b>Pool</b> – 1.4km</p> <p>2 x 50m – 1 (H), 1 (E) – 10 secs rest after 50m 4 x 100m – 1 (H), 1 (E) – 15 secs rest after 100m 1 x 200m – (H)</p> <p>Do above twice</p>
	<p><b>Open Water</b></p> <p>Swim beach to 1 buoy, swim across to next buoy and back to beach</p> <p>Do above 3 times</p>
Week 6	<p><b>Pool</b> – 1.5km</p> <p>100m – (M) 200m - Build 300m – 100 (H), 100 (E), 100 (H) 400m – (M) 500m timed – hopefully this is less than your 500m timed in the first week</p>
	<p><b>Open Water</b></p> <p>Swim easy out to buoys. Do 4 lengths of 4 buoys doing easy, hard easy between each one Swim easy back to beach</p>

Week	Details of plan
Week 7	<p><b>Pool – 1.6km</b></p> <p>400m build            4 x 100m 1-4 Desc            8 x 50m – 2 (H), 2 (E)</p> <p>400m – 200m (M), 200m (H)</p>
	<p><b>Open Water</b></p> <p>Swim beach to buoys, along the 4 and then finish strongly back to beach.            Have 1 mins rest and do 2 more times</p>
Week 8	<p><b>Pool – 800m</b></p> <p>4 x 100m            1 – 50m (H), 50m (E)            1 - 50m (E),50m (H)            1 – all (E)            1 – all (H)</p> <p>8 x 50m (alternate styles for each 50m)            1 – Backstroke or breaststroke, then            1 – Freestyle</p>
	<p><b>Open Water</b></p> <p>Easy swim around the buoys</p>