

BALMORAL SWIM

2km 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. Some of the suggested swims are outside the "no boat" zones and it should be understood that boats and other craft may be present. 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 freestyle

200m – 25m kick/75m swim

4 x 50m – 25m drill/25m swim

Suggested warm down for pool

100m-200m mixed strokes

Suggested warm up for open water

Swim out from beach around 2 buoys and back to beach.

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

Very fast – Sprint as fast as you can

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>Pool – 1km</p> <p>400m 300m 200m 100m 15 secs rest between each</p>
	<p>Open Water</p> <p>2 easy loops around the bay</p>
Week 2	<p>Pool – 1.5km</p> <p>1 x 400m (E) 2 x 200m (M) 4 x 100m – 1 (H), 1 (E) 6 x 50m – 25m Drill/25m freestyle</p>
	<p>Open Water</p> <p>Swim beach round 4 buoys and back Do twice through - second time faster</p> <p>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>Pool – 1.5km</p> <p>1 x 150m 2 x 100m 3 x 50m</p> <p>Do above 3 times</p>
	<p>Open Water</p> <p>Easy to buoy – 3 lengths of buoys alternating hard /easy between each buoy. 20 secs rest between each length. Swim back to beach easy.</p>

Week	Details of plan
Week 4	<p>Pool– 1.8km 200m warm up 500m pull buoy 400m (H) 300m – 50m kick/50 swim 200m (H) 100m (E) 100m warm down</p>
	<p>Open Water</p> <p>Ins and outs – beach to buoy, 10 secs rest, buoy to beach (H). Repeat - Swim from beach to each buoy</p>
Week 5	<p>Pool – 2km</p> <p>4 x 150m – 50m kick/100m swim 8 x 200m – 15 secs rest, 1st – 4th Desc by 5 secs and 5th – 8th Desc by 5 secs (for example if your first 200m was 3minutes, second should be 2mins 55secs, third set should be 2min 50sec)</p>
	<p>Open Water</p> <p>Swim beach to baths and back</p>
Week 6	<p>Pool – 2.2km</p> <p>5 x 400m – 30 secs rest between each 400m.</p> <p>Swim 1 (M), 3 (H), 1 (M)</p>
	<p>Open Water</p> <p>Swim around the island to the south to the baths and back going around all the yellow buoys</p>

Week	Details of plan
<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 2em; font-weight: bold; color: #4F81BD;">Week 7</p>	<p>Pool – 2.5km</p> <p>4 x 100m (E) 15 secs rest after 100m 3 x 100m (M) 10 secs rest after 100m 2 x 100m (H) 5 secs rest after 100m 1 x 100m very fast</p> <p>2 x 200m (M) 15 secs rest after 200m 2 x 200m (H) 10 secs rest after 200m 1 x 200m very fast</p>
	<p>Open Water</p> <p>Swim around the island to the south to the baths and back going around all the yellow buoys</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 2em; font-weight: bold; color: #4F81BD;">Week 8</p>	<p>Pool – 1.5km</p> <p>500m – (M) 400m – 100m (E), 200m (H), 100m (E) 300m – 50m (H), 50m (E) 200m – Backstroke/Freestyle 100m - Drill (E)</p>
	<p>Open Water</p> <p>Easy swim around the buoys twice</p>