

BALMORAL SWIM

5km 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 Drill/25m swim
200m – 25m kick/25m swim
200m mixed

Suggested warm down for pool

300m mixed strokes

Suggested warm up for open water

Swim out from beach around 4 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

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 – 2.5km 400m warmup mixed strokes</p> <p>1 x 300m 2 x 150m 3 x 100m 15 secs rest between each Do above twice</p> <p>300m warmdown</p>
	<p>Open Water</p> <p>3 easy loops around the bay</p>
Week 2	<p>Pool – 3km</p> <p>1 x 400m (E) 2 x 200m (H) 4 x 100m – 1 (H), 1 (E) 6 x 50m – 25m Drill/25m freestyle Do above twice to bring the distance to 3km</p>
	<p>Open Water</p> <p>Swim from the beach around the island to the south to the baths and back.</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 – 3.5km</p> <p>6 x 150 – 50m kick/100m swim 8 x 200 – 1st-4th Desc, 5th-8th Desc * with 20 secs rest between each 200m 6 x 150 – 50m (H)/100m (E)</p> <p>*(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 to the beach at the north of the bay and then around buoys and finish on beach in front of Bathers.</p> <p>Swim in and out to each buoy alternating fast and easy. E.g. swim easy to 1st buoy then hard back to beach. Then hard to 2nd buoy and easy back in</p>

Week	Details of plan
<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 48px; color: #4F81BD; font-weight: bold;">Week 4</p>	<p>Pool– 4km</p> <p>500m pull buoy and paddles 2 x 250m – (M) 500 pull buoy – bit faster than first one 5 x 100m – 1st (H), 2nd (E), 3rd (H), 4th (E), 5th (H) 500m flippers 5 x 100m flippers – 1st (E), 2nd – 4th (H), 5th (E) 500m flippers (H)</p>
	<p>Open Water</p> <p>Swim to the baths and back hard each way</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 48px; color: #4F81BD; font-weight: bold;">Week 5</p>	<p>Pool – 5km</p> <p>500m freestyle 20 x 25m Individual medley order 500m freestyle 10 x 50m Build 500m freestyle (H) timed 10 x 50m Build 500m freestyle 20 x 25m freestyle – 4 (H)/4 (E) 500m freestyle 20 x 25m Individual medley order</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: 48px; color: #4F81BD; font-weight: bold;">Week 6</p>	<p>Pool – 5.5km</p> <p>100m, 200m, 300m, 400m, 500m, 600m, 700m, 800m, 900m, 1000m 30 secs rest between each. Add paddles, pull buoy or flippers in there if you like</p>
	<p>Open Water</p> <p>Swim around the island to the south to the baths and back going around all the yellow buoys. Then follow up with some fast ins and outs.</p>

Week	Details of plan
<h1 style="color: #4F81BD; font-size: 48px; margin: 0;">Week 7</h1>	<p>Pool – 6km</p> <p>500m pull buoy, 400m (H) 300m 50m kick/50m swim 200m (H) 100m – 25m of backstroke/breastroke/butterfly/freestyle 100m - 25m of backstroke/breastroke/butterfly/freestyle 200m (H) 300m 50m kick/50m swim 400m (H) 500m pull buoy 1000m timed swim 500m pull buoy 400m (H) 300m 50m kick/50m swim 200m (H) 100m -25m of backstroke/breastroke/butterfly/freestyle</p> <hr/> <p>Open Water</p> <p>Swim around the island to the south to the baths and back going around all the yellow buoys, swim this twice</p>
<h1 style="color: #4F81BD; font-size: 48px; margin: 0;">Week 8</h1>	<p>Pool – 3km</p> <p>500m - Freestyle 500m – Backstroke/Freestyle 5 x 200m, (M) – 10 seconds rest between each 200m 10 x 100m – 100m freestyle then 100m Individual Medley (25m of backstroke/breastroke/butterfly/freestyle)</p> <hr/> <p>Open Water</p> <p>2 loops of the bay nice and easy</p>