

	750 metres (Sprint Distance)	1500 metres (Standard Distance)
Week 1	600m 6 x 50m, 3 x 100m 15 minutes	1000m 4 x 100m, 8 x 50m, 8 x 25m 25 minutes
Week 2	800m 8 x 100m 15 minutes	1200m 4 x 100m, 400m, 8 x 50m 30 minutes
Week 3	900m 6 x 150m 20 minutes	1300m 2 x (300m, 200m, 100m, 50m) 30 minutes
Week 4	950m 2 x (200m, 100m), 2 x (100m, 50m, 25m) 20 minutes	1450m 400m, 6 x 50m, 750m 35 minutes
Week 5	1050m 400m, 300m, 200m, 100m, 50m 20 minutes	1500m 500m, 400m, 300m, 200m, 100m 35 minutes
Week 6	1250m 750m, 400m 25 minutes	1600m 4 x 400m 40 minutes
Week 7	1300m 2 x (300m, 200m, 100m, 50m) 25 minutes	1800m 3 x (300m, 200m, 100m) 40 minutes
Week 8	1200m 3 x 400m 30 minutes	2000m 4 x 100m, 3 x 200m, 2 x 300m, 1 x 400m 45 minutes
Week 9	900m 4 x 100m, 6 x 50m, 8 x 25m 30 minutes	1500m 2 x 750m 50 minutes
Week 10	750m 10 x 50m, 10 x 25m 20 minutes	1200m 4 x 100m, 8 x 50m, 8 x 25m, 8 x 25m 25 minutes

Session Key: P Pool	P - Tempo	A tempo paced swim, just above your comfort zone.
	P - Intervals	An interval based session at a high level.
	OW* - Duration	Longer steadier swim session, getting used to open water.

**If Open Water is not accessible, use the pool for a longer swim.*

Warm Up	P - Warm Up: 200m Swim, 100m Drill, 150m Swim, 50m Drill, 100m Swim. Light mobility and stretches, followed by 5 minutes steady.	OW - Warm Up:
Session	Focus on technique rather than overall speed, speed will follow.	
Cool Down	200m mixed stroke cool down, stretch the main muscle groups.	

Pre Nutrition	Before training, have a light liquid or soft snack which will give you energy to train. A banana or smoothie is ideal as this will provide energy.
Swim Nutrition	Sip water often during more intense sessions as you dehydrate quicker and unnoticed when swimming. This will keep your training rate higher.
Post Nutrition	Refuel your body with a carbohydrate and protein snack within 20 minutes of completing your session. A mug of hot drink is also good to warm you up.

Safety	When swimming in Open Water, train with a partner, have a mobile close by.
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