



Swimming Without Barriers

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# Training Plan for six weeks – Couch to 1k

## Who it is for?

Training in the swimming pool (25m). It usually takes about six weeks to build up your swimming fitness/endurance to 1k.

This training plans are designed for a beginner to improve swimming efficiency and endurance.

## How it works?

Swim 3 times a week for six weeks, usually every other day. Each workout will take ~30 minutes.

The plan is flexible, it can be reduced to 2 times a week, but allow for the training programme to be completed in 9 weeks.



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## Week 1

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### 1<sup>st</sup> Session of the week

200m

4 x 50m – Focus on maximum distance per stroke (a low stroke count per lap)

### 2<sup>nd</sup> Session of the week

300m

2 x 50m – Focus on maximum distance per stroke

2 x 50m – Drill - three strokes 12 kicks with fins

2 x 50m – Freestyle

### 3<sup>rd</sup> Session of the week

400m

Warm Up:

2 x 50 Free – Focus on maximum distance per stroke

2 x 50 Drill

Main Set:

1 x 100m Free

Cool Down

2 x 50m – any other strokes



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## Week 2

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### Focus on improving distance per stroke

#### 1<sup>st</sup> Session of the week

400m

##### Warm Up:

2 x 50 Free – Focus on maximum distance per stroke

2 x 50 Drill - three strokes 12 kicks with fins

##### Main Set:

2 x 50 Free

#### 2<sup>nd</sup> Session of the week

500m

##### Warm Up

2 x 50 Free – Focus on maximum distance per stroke

2 x 50 Drill - three strokes 12 kicks with fins

##### Main Set

2 x 50 Free (Easy)

2 x 50 Free (Endurance)

2 x 50 Free (Threshold)

#### 3<sup>rd</sup> Session of the week

600m

##### Warm Up:

2 x 50m Free – Focus on maximum distance per stroke

2 x 50 m Drill - three strokes 12 kicks without fins

##### Main Set:

2 x 50 Free (Easy)

1 x 200 Free – Start slow, build up each 50

##### Cool Down:

2 x 50 free



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### Week 3

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#### 1<sup>st</sup> Session of the week

600m

Warm Up:

1 x 200 Free - Focus on maximum distance per stroke

2 x 50 Drill

Main Set:

2 x 50 - Focus on maximum distance per stroke

2 x 50 – Focus on Rotation

2 x 50 – Focus on Breathing

#### 2<sup>nd</sup> Session of the week

700m

Warm Up:

1 x 100 free - - Focus on maximum distance per stroke

2 x 50 - 12 kicks 3 strokes without fins

Main Set:

1 x 50 free - - Focus on maximum distance per stroke

3 x 100 free – focus on rotation

1 x 50 free

Cool Down

2 x 50 free

#### 3<sup>rd</sup> Session of the week

800m

Main Set:

3 x 100 free - - Focus on maximum distance per stroke

2 x 50 – Drill three strokes 12 kicks without fins

1 x 300 free – Start slow, build each 100

Cool Down

2 x 50 free – Silent swimming



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## Week 4

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### 1<sup>st</sup> Session of the week

200m – push yourself hard

1 x 200m - Focus on maximum distance per stroke

### 2<sup>nd</sup> Session of the week

800m – it is time to step up your endurance training

Warm up:

2 x 100 Free

2 x 50 - 12 Kick 3 Strokes three strokes 12 kicks without fins

### Main Set

2 x 50 Free - Focus on maximum distance per stroke

3 x 100 Free - Focus on maximum distance per stroke

### Cool Down

2 x 50 free

### 3<sup>rd</sup> Session of the week

800m

Warm Up:

1 x 100 free - - Focus on maximum distance per stroke

4 x 50 Drill - three strokes 12 kicks without fins

### Main Set

1 x 400 – start slow, build each 100

### Cool Down

2 x 50 – silent swim



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## Week 5

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### 1<sup>st</sup> Session of the week

300m – speed and power workouts

Main Set:

1 x 200 free

2 x 50 – 12 kicks 3 strokes with fins

### 2<sup>nd</sup> Session of the week

900m – Aerobic workouts

Equipment – kicking board

Warm Up:

1 x 100 free - - Focus on maximum distance per stroke

2 x 50 kick with board

Main Set

2 x 50 - Focus on maximum distance per stroke

4 x 100 free

2 x 50 - Focus on maximum distance per stroke

Cool Down

2 x 50 free – silent swim

### 3<sup>rd</sup> Session of the week

1000m – Home stretch!

Warm Up:

200m - Focus on maximum distance per stroke

2 x50 – drill three strokes 12 kicks with fins

Main Set

1 x 500 free – start slow, build each 100

Cool Down

2 x 50



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## Week 6

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### 1<sup>st</sup> Session of the week

800m – speed and power

#### Warm Up:

200m - Focus on maximum distance per stroke

2 x 50 – Drill three strokes 12 kicks without fins

2 x 50 - Kick

#### Main Set

2 x 50 Free – Focus on Power

1 x 100 Free - Focus on maximum distance per stroke

2 x 50 Free – Max speed!

#### Cool Down

2 x 50

### 2<sup>nd</sup> Session of the week

1000m

#### Warm Up:

4 x 50 Free

2 x 50 Kick

#### Main Set

6 x 100m free - Focus on maximum distance per stroke

#### Cool Down

2 x 50 – silent swim

### 3<sup>rd</sup> Session of the week

You have made it! Enjoy this session!

1200m

#### Warm Up:

1 x 100m - Focus on maximum distance per stroke

#### Main Set:

1 x 1000m – start slow, build up each 200

#### Cool Down

2 x 50 – Silent Swimming