



# 2 MILE SWIM TRAINING GUIDE



# Contents

---

<b>Introduction</b>	<b>3</b>
The 2 Mile Swim	3
What happens in a 2 mile swim event?	3
Safety First	5
Health-status safety checklist	5
<b>Getting Started</b>	<b>6</b>
What gear do I need?	6
Costume	6
Hat	6
Watch	6
Goggles	6
Ear Plugs	7
Towel and clothing	7
Training aids	7
<b>Training</b>	<b>8</b>
Where to train	8
When to train	8
Principles of training	8
Structuring your training sessions	9
Warm Up	9
Mobility	9
Main session	9
Cool down	9
Flexibility	9
How to Stretch	10
<b>Nutrition and hydration</b>	<b>11</b>
Five golden nutrition and hydration rules:	11
<b>2 Mile Beginner / Intermediate Training Guide</b>	<b>12</b>
Guide notes	12
2 Mile Beginner / Intermediate Training Guide	13
Motivation	23
Some inspiration quotes:	24
<b>Good Luck!</b>	<b>25</b>

# Introduction

---

## The 2 Mile Swim

The 2 mile swim is a great event to take part in; it serves both as an ideal introduction to swimming and also a meaningful challenge in its own right. This training guide focuses on everything you need to get started, including sensible precautions to take and a week-by-week structured guide that will help you become a fitter, healthier and more successful swimmer. If you are totally new to training for swimming then it is advisable that you train for a 1 mile event first.

A 2 mile event is long and hard event to complete. If you are a beginner, try the 1 mile training guide first. However, if you have swam a certain amount in the past, and you have an average level of fitness and feel confident with the challenge, then continue with this 2 mile training guide. This guide includes advice on:

- **Training:** how to get started
- **Kit:** what to buy and why
- **Nutrition:** how to correctly fuel your body
- **Hydration:** when to drink, so that you don't dehydrate
- **Training:** a 12-week program to prepare you for your first 2 mile swim
- **Race day:** what to consider on the day in an open water event

After completing your first 2 mile swim you may be spurred on to try even bigger challenges or improve your time.

## What happens in a 2 mile swim event?

If you've never watched or entered a 2 mile open water swim event before, at first sight it appears to be chaotic, with hundreds or even thousands of competitors arriving, warming-up and generally preparing for the day's event. The usual pattern of a 2 mile race is as follows:

1. **Home.** Before you leave home, make sure you have read all of the pre-race instructions you can get your hands on so that you are as prepared as possible.
2. **Arrival.** Every entrant arrives at the race venue. Some events will have designated parking areas, but if you're unsure of this check the information provided by the event organisers or contact them directly. Larger races will have a public address system to keep everyone updated as the start time approaches.
3. **Preparation.** As the race start time gets nearer, competitors will be making final adjustments to their kit, visiting the toilet, making sure they are well fed and hydrated and warming-up – so that they are fully prepared for their race.
4. **Line up.** Everyone lines up according to their expected finishing time, with the faster swimmers right on the edge of the entry point to the open water swim area and those expecting to finish later, further back.

This way, no-one is impeded as an open water event can get crowded and it can get uncomfortable to compete when people are bumping into each other, so spacing at these swims is essential.

5. **Start.** A gun, klaxon or similar is sounded and the race begins. Unless you are right on the starting point, progress will be slightly slower as the swimmers in front get away first – which is often a good thing because you're not tempted to begin too quickly, which can ruin your race. Pacing yourself without tiring early is key.
6. **Main race.** Over the duration of the race there will usually be markers every couple of hundred meters so that you can monitor your pace.
7. **Finish.** The finish line will be clearly marked, usually with an exit on to dry land or you will cross a point between two markers marked with buoys.
8. **Post Finish.** Swimmers are grouped into finishing funnels where medals/ t-shirts etc are given out (depending on the race) and drinks are also usually available. At this point the sooner you can hydrate and re-fuel the quicker you will recover. Introduction 3

## Before you begin...

Before you start that first training session, it is important to take a little time out to check a few safety considerations before you commence training.. >>>

# Safety First

To start with, it is vitally important to ensure that it is safe for you to begin an exercise programme. Complete the safety checklist below and if you answer YES to one or more questions, or alternatively, if you are at all concerned about starting training, then make an appointment with your doctor for a check-up before you start.



## Health-status safety checklist

- 1

Are you aged over 30 and/or have not exercised for some time?
- 2

Do you suffer from any medical conditions?
- 3

Are you a smoker or have recently given up smoking?
- 4

Have you undergone any surgery in the past two years?
- 5

Are you suffering from any injuries?
- 6

Are you currently on any prescribed medication?
- 7

Are you unsure about beginning an exercise program?

Y	N
Y	N
Y	N
Y	N
Y	N
Y	N
Y	N

**Once you have the all-clear from your doctor then you're ready to start training.**

# Getting Started

---

## What gear do I need?

To get started you need minimal equipment. Swimming is a very simple sport and requires very little specialist kit, the biggest challenge will be finding a local pool to train in. The most important point is that you have suitable clothing (particularly on race day) and that you feel comfortable in everything. The most technical and most important things you need to buy are listed below:

### Costume

Your most vital training tool is your costume. When shopping for a swimming costume choose a full body costume and not a bikini (women) that is going to be comfortable to wear for long periods of time. After all you are going to be wearing it a lot over the coming months. Men just buy some swimming trunks (speedos) or shorts. 'Women should ensure that they choose one that allows free movement of the arms and legs and that no part of the costume is going to cause friction on your arms or legs as with long spells of training this could cause sores (this should also be the case when considering a ½ wetsuit for both men and women). This costume can also be worn on the day of the race, but if you are sensitive to the cold you should consider a short wetsuit for the event. This decision is yours and depends on the temperature the open water venue may be at on the day.

### Hat

A fair bit of heat is lost through the head when you exercise, so in open water it is vital to wear a hat. But a hat should be trained with right from the beginning; it keeps your hair dry, your head warm and keeps you more streamlined in the water, which therefore makes you faster. When buying a hat ask a shop attendant to make sure that you are choosing an appropriate size, as a hat that is too small will put pressure on your head and feel uncomfortable. A hat that is too loose will simply not do its job very well.

### Watch

A GPS based watch is a luxury item that can be bought for the day of the race to help track your progress. A watch will not be needed when training as you can use the amount of lengths you have done in the pool as your guide. A watch like this can ensure that you know where you are in the race to help pace yourself, but any open water event should have appropriate markers for every stage of the race. So a watch is only a luxury purchase if you feel you would benefit from it on race day.

### Goggles

Goggles will be your eyes in the water, so again comfort is key. Make sure you are able to try the goggles on before buying, that the straps adjust easily for you and that they feel comfortable over your eyes for extended periods of time. Test the goggles to see that no air enters them; this will test their permeability to water. Put the goggles on and press them tightly against your eye sockets, if they feel like they are sucking onto your sockets and causing some form of pressure/discomfort then they have a good seal for the shape of your eye socket and will work. If they expand outwards or pop off too quickly then these do not fit well and will not work for you.

Bear in mind that everyone's eye socket is different, so one pair of goggles that might work for someone might not work for you. Always test your goggles and when unsure ask for help from the shop attendant.



## Ear Plugs

Having water in the ears can be uncomfortable, so ear plugs are a viable option. Moulded cubes of wax can be purchased to keep water out of the ears when training and racing. Because they are made from wax they will be impermeable to water and the pliable nature of the wax will enable it to fit snugly into your ear. Make sure you apply plugs to your ears when you are dry and not wet; being dry will ensure that you get a firm and neat seal and ensure no water will be able to get in.

## Towel and clothing

Whether training or racing you will want a towel close by when you finish. This will ensure that you keep warm and that your muscles are able to cool down slowly and retain heat. On race day, when you might not be able to get changed as quickly as you would like, it is important to have a spectator with you that can hold some essential warm gear like a thick towel, a hat, some jogging bottoms and a zipped jumper; all items that can be put on quickly and will keep you warm after the swim.

## Training aids

The local pool that you train in should have all the additional equipment that you will need to train with. If not you might want to consider purchasing a float and leg buoy to help with your training. This is going to improve the strength of your arms and legs in the front crawl and build up some muscle strength. But check with your local pool first as they should have such tools to aid in swimming lessons.



# Training

---

## Where to train

The easiest place to train is a local swimming pool. While some people may live next to a piece of open water which can be used (if so a watch will need to be purchased so you can track your training distance) it can be convenient, safe and hygienic to train where possible in a pool. Of course, closer to the event a few practice distances in open water will prove highly beneficial. But for the most part training in a pool is efficient, especially as tracking your training distance is far easier.

## When to train

From early morning through to lunchtime and late evening, everyone has their favourite time to exercise, and training time flexibility is one of the great plusses with swimming as many local pools are open to the general public most of the day – but always check times with your chosen local pool, never assume. Physiologically, early afternoon has been found to be the best time to train; the body is fully woken up and loose and the opportunity to be well fuelled and hydrated is also better. However, if for example midnight is the most suitable time for your circumstances, there's nothing to stop you training whenever you wish. Training time should suit you.

## Principles of training

It is common to think that when a training improvement is made (for example swimming further or swimming a faster time over a particular distance), that the improvement has been made at that specific time. In fact that is not the case; the improvement has been made some time previously, following an earlier training session. During the training session, it is the measurable results that are registered in the form of quicker times or further distances. This is because of the way the body responds to training. When exercising, the body is challenged. Following a training session, when the body is at rest, it adapts and gets stronger, and improvements can be measured during a subsequent session. Hence the most important component of any training programme is rest, so that the body is able to adapt to training. Inadequate rest can result in excessive fatigue, loss of motivation and injury.



# Structuring your training sessions

Following correct exercise protocols is essential if you want to get the most out of your training, so that you start out on the road to fitness with safe and correctly balanced training sessions. To get the most out of your training, you should adhere to the following sequence each time you train:

## Warm Up

The warm up raises the heart rate, gets blood flowing to the working muscles and prepares the body for exercise. It should be for a minimum of five minutes and replicate the movements or activities of the main session, like swimming at a gentle pace, some shoulder rotations and brisk walking in the water. This will also acclimatise and accommodate you to the water.

## Mobility

Some basic actions to put the limbs through the range of movement that the main session requires will ensure that the joints are loosened up, lubricated and will function more efficiently, a few shoulder rotations and some walking in the pool will do this nicely.

## Main session

This will form the bulk of the training session. For example: a brisk 10-minute swim in the front crawl stroke.

## Cool down

The cool down should be at a lower intensity than the main session and should bring the body temperature and heart rate closer to pre-exercise levels. Waste by-products of exercise will be flushed from the muscles and tissues, accelerating recovery before the next training session.

For example: the cool-down should be a minimum of five to 10 minutes light swimming. Breast stroke can be used at this point to cool down with.

## Flexibility

Stretching exercises should be carried out after the main session and cool-down as the body is in a greater state of relaxation than at the beginning of the session. Five to 10 minutes spent stretching the muscles worked will maintain suppleness.



# How to Stretch

To get the most out of your post exercise stretching session, simply follow the step-by-step guide below:

## Relax

It is very important to be relaxed. Physical and mental tension will inhibit your range of movement and prevent your muscles from stretching as effectively. Hence, you will not achieve maximum flexibility benefits.

## Ease into the stretch

Gradually move your body or the limb being stretched into the stretch position. Once you feel slight tension in the muscle, (known as the point of bind), which is the limit of the muscle's flexibility, hold the position. Avoid bouncing or any other movements, which could overstretch the muscle and result in injury.

## Relax your breathing

Always keep your breathing easy and relaxed because that will reduce all-round muscular tension, which in turn will allow you to stretch further. Holding your breath will tense up your entire body, making stretching much harder.

## Hold for 30 seconds

To get maximum stretching benefits, you need to hold the stretch for a minimum of 30 seconds. Stretching each muscle for just a few seconds brings no flexibility benefits.

## Pain means no gain

Stretching should invoke a mild feeling of 'tightness' or tension within the stretched muscle. Pain when stretching indicates injury or a muscle that has been overstretched. Therefore, never stretch beyond a 'comfortable tightness'.

## Rest and repeat

A single stretch for each muscle is very beneficial, but if time permits carry out two stretches for each muscle, separated by a short break of 30 seconds. The second stretch will help extend your range of movement further.

## Frequency

Ideally stretch the major muscles after every session, but if that proves too time-consuming stretching twice a week is a suitable target.



# Nutrition and hydration

---

Fuelling your training correctly and keeping well hydrated is extremely important and good nutrition will enhance your experience and ensure you stay healthy. Nutrition and hydration are enormous subjects, however, to kick-start your healthy nutrition plan, try and follow the five golden rules below:

## Five golden nutrition and hydration rules:

### 1. Always eat breakfast

Your body needs good quality fuel for training and by waking up your metabolism after sleep; you actually burn more calories through the day.

### 2. Leave a gap

Allow 1½ to 2½ hours between your last meal and your training session to allow for digestion. Exercising on a full stomach will not only feel uncomfortable but will also inhibit your performance.

### 3. Hydrate

Drinking water regularly throughout the day is important, but because you are exercising, your fluid requirements will be greater due to sweat losses. However, you will need to focus more on hydration and drinking straight after your workout.

### 4. Refuel

Your energy requirements will increase as your training increases and the optimum time to begin your refuelling is immediately after your workout. Always try and eat something (a banana is great) as soon as possible after your cool-down.

### 5. Don't neglect protein

Include good quality protein in your diet to support rebuilding because your body will need more to match the increased demands that you are placing on your body.

# 2 Mile Beginner / Intermediate Training Guide

---

## Guide notes

The key to successful training is to build gradually. Everyone progresses at a different rate and your body will take time to adapt to the new demands that you make on it. Hence, it is important not to allow your enthusiasm to over-ride the components of a correctly structured training guide, and to always allow sufficient rest and recovery between sessions. If you are tired and feel like a couple of days off then your body is probably telling you to step back a little, take some rest. Of course if you feel like missing your session because the weather looks a little suspect or you are lacking a bit of motivation then that is a different scenario altogether. Always maintain a balance between work, family and other commitments and your training so that swimming enhances your life, not dominates it.

If you are not a confident swimmer and are unsure about your stroke it might be worth having a few lessons with a professional coach who can give you a few pointers. Swimming requires a good technique to ensure you are able to swim for a long time. If you are a confident swimmer or have been in the past then you will be fine, if not getting a few lessons might be worth the investment.

Depending on what pool you are training in will enable you to count your lengths. Most pools are 25m, but some can be 50m (an Olympic sized pool). 1 mile is 64 lengths in a 25m pool (32 lengths in a 50m pool), which should take around one hour to complete. This is our goal, 128 lengths as your pool will likely be 25m.

**PLEASE NOTE: If you are already doing some training then jump in the programme at a position that matches your current training load.**

### Insight

*Don't be a slave to the guide! The training program is designed with rest days, recovery sessions and lower volume weeks. This will ensure your body has time to adapt to the training. However, everyone is different and if you feel that an extra day's rest will be beneficial to your training, simply take out one of the shorter sessions in that week.*

## 2 Mile Beginner / Intermediate Training Guide

Week No.1	First Steps (1)	
Day	Training	Training notes
Mon	Easy 5 minutes warm up with a few lengths walking the pool with shoulder rotations, getting used to the water. 10-20 minute light swim using breast stroke. 5 minute cool down with walking and shoulder rotations.	Take it easy with a light warm up and cool down. Getting used to swimming again.
Tues	Rest	
Wed	Easy 5 minutes warm up with a few lengths walking the pool with shoulder rotations, getting used to the water. 10-20 minute light swim using breast stroke. 5 minute cool down with walking and shoulder rotations.	Take it easy with a light warm up and cool down. Getting used to swimming again.
Thurs	Rest	

<b>Fri</b>	Easy 5 minutes warm up with a few lengths walking the pool with shoulder rotations, getting used to the water. 15-25 minute light swim using breast stroke. 5 minute cool down with walking and shoulder rotations.	Take it easy with a light warm up and cool down.
<b>Sat</b>	Rest	
<b>Sun</b>	Rest	

Week No.2	<b>First Steps (2)</b>	
<b>Day</b>	<b>Training</b>	<b>Training notes</b>
<b>Mon</b>	Easy 5 minutes warm up with a few lengths walking the pool with shoulder rotations, getting used to the water. 10 minute light swim using breast stroke. 5 minute cool down with walking and shoulder rotations.	Take it easy and warm up and cool down.
<b>Tues</b>	Rest	
<b>Wed</b>	Rest	
<b>Thurs</b>	5-10 minute light swim using breast stroke, 5 minute light swim using front crawl.	Take it easy and warm up and cool down, same as previously mentioned.
<b>Fri</b>	Rest	
<b>Sat</b>	Rest	



<b>Sun</b>	5-10 minute light swim using breast stroke, 5 minute light swim using front crawl.	3 swims this week so keep this session very relaxed if you need to.
------------	--	---

Now we will use lengths as our goal, working up to the 128 lengths target.

Week No.3	<b>Building (1)</b>	
<b>Day</b>	<b>Training</b>	<b>Training notes</b>
<b>Mon</b>	Rest	Recovery from Sunday's session.
<b>Tues</b>	20 lengths is the target using front crawl as your stroke. Take rests during lengths where needed, if not try make the lengths without a break.	From now on keep the warm up and warm down consistent.
<b>Wed</b>	Rest	
<b>Thurs</b>	24 lengths is the target using front crawl as your stroke. Take rests during lengths where needed, if not try make the lengths without a break.	
<b>Fri</b>	Rest	

<b>Sat</b>	Rest	Double rest day before Sunday's longer session.
<b>Sun</b>	4 lengths breast stroke, 28 lengths using front crawl as your stroke. Take rests during lengths where needed, if not try make the lengths without a break.	Don't forget to stretch afterwards.

Week No.4	<b>Building (2)</b>	
<b>Day</b>	<b>Training</b>	<b>Training notes</b>
<b>Mon</b>	Rest	Keep up with your stretching, nutrition and hydrations guidelines.
<b>Tues</b>	40 lengths is the target using front crawl as your stroke. Break the 40 lengths into 2 sections, two sets of 20 lengths. Complete both sets with no rest in-between. Have 2-4 minutes to catch your breath in-between sets & hydrate.	
<b>Wed</b>	Rest	
<b>Thurs</b>	40 lengths at steady and easy pace with no stops, all front crawl.	
<b>Fri</b>	Rest	
<b>Sat</b>	Rest	
<b>Sun</b>	48 lengths is the target. Complete 30 lengths non-stop 1st, rest, then complete the remaining 10 in sets of 2 lengths, so 5 sets of 2 lengths. Do 2 lengths as quickly as possible, then rest for 1-3 minutes and repeat.	Start the inclusion of some interval based training, quicker lengths with longer rest.

**A special note:**

As training volume and intensity starts to increase it is important that you re-fuel after training. The longer and intense training sessions burn a huge amount of calories and for recovery to be optimal, and for you to be able to get into the pool in the next session feeling refreshed, it is important you eat enough for your muscles to recover. When training sessions start to get to around 45 minutes and longer it is good to have a sports drink with you. The sessions that are long and intense will start to tax the body and a sport drink during the session can help fuel you. In these sessions start to sip the drink 15 minutes into the session and drink when necessary.

Week No.5	<b>Building (3)</b>	
Day	Training	Training notes
<b>Mon</b>	Rest	2 rest days after Sunday's efforts as interval training is tough.
<b>Tues</b>	Rest	
<b>Wed</b>	60 lengths is the target using front crawl as your stroke. Break the 60 lengths into 3 sections, 3 sets of 20 lengths. Complete all 3 sets with no rest in-between. Have 2-3 minutes to catch your breath in-between sets & hydrate.	Keep the pace easy and manageable but try and swim non-stop.
<b>Thurs</b>	Rest	

<b>Fri</b>	10 lengths easy front crawl with no break. Rest, then 3 lengths of kicking holding the float, this will improve your kick, rest in-between each length. 3 lengths of arm only with the leg buoy between your legs, rest in-between each length. 2 sets of 4 lengths of front crawl at a faster pace, take a 1-3 minute rest between the 2 sets. 5 lengths easy to finish.	Grab a float and leg buoy from the pool staff, today you will need it. Cool down properly after a more taking session today.
<b>Sat</b>	Rest	
<b>Sun</b>	64 lengths non-stop, 1 mile mark before recovery week.	Target: non-stop swimming.

Week No.6	<b>Recovery and consolidation</b>	
<b>Day</b>	<b>Training</b>	<b>Training notes</b>
<b>Mon</b>	Rest	Easier recovery week.
<b>Tues</b>	15 lengths breast stroke, 10 lengths easy front crawl.	Easy session.
<b>Wed</b>	Rest	
<b>Thurs</b>	Same as Tuesday but non-stop, no rest, easy pace.	

<b>Fri</b>	Rest	
<b>Sat</b>	Rest	
<b>Sun</b>	10 lengths breast stroke non-stop, 10 lengths easy front crawl non-stop, 3 sets of 2 lengths front crawl at a sprint pace – work pretty hard with 2-3 minutes rest in-between.	Stepping up the pace slightly in preparation for next week.

Week No.7	<b>Stepping up the pace, intensity and volume to hit 2 mile mark</b>	
<b>Day</b>	<b>Training</b>	<b>Training notes</b>
<b>Mon</b>	Rest	
<b>Tues</b>	64 lengths non-stop front crawl, 1 mile mark	
<b>Wed</b>	Rest	
<b>Thurs</b>	20 lengths easy front crawl with no break. Rest, then 6 lengths of kicking holding the float. 6 lengths of arm only with the leg buoy between your legs, rest in-between each length. 4 sets of 4 lengths of front crawl at a faster pace, take a 1-3 minute rest between the 4 sets.	These sessions will now make you stronger and more able to handle the increased load/distance.
<b>Fri</b>	Rest	
<b>Sat</b>	Rest	
<b>Sun</b>	10 lengths east front crawl. 6 sets of 4 lengths at a fast pace, resting 2-3 minutes between each set of 4 lengths. Then 4 sets of 2 lengths at sprint pace, fast as you can, 1-2 minutes rest between each set.	Non-stop.

Week No.8	<b>Non-stop training and more intervals</b>	
<b>Day</b>	<b>Training</b>	<b>Training notes</b>
<b>Mon</b>	Rest	Recovery from Sunday's longer session.
<b>Tues</b>	80 Lengths non-stop swimming front crawl.	
<b>Wed</b>	Rest	
<b>Thurs</b>	Rest	
<b>Fri</b>	20 lengths easy front crawl with no break. Rest, then 6 lengths of kicking holding the float. 6 lengths of arm only with the leg buoy between your legs, rest in-between each length. 4 sets of 4 lengths of front crawl at a faster pace, take a 1-3 minute rest between the 4 sets.	
<b>Sat</b>	Rest	Longest swim yet.
<b>Sun</b>	4 lengths breast stroke, 86 lengths non-stop front crawl. 90 total lengths.	

Week No.9	<b>Getting tougher...</b>	
<b>Day</b>	<b>Training</b>	<b>Training notes</b>
<b>Mon</b>	Rest	



<b>Tues</b>	10 lengths easy front crawl with no break. Rest, then 5 lengths of kicking holding the float. 5 lengths of arm only with the leg buoy between your legs, rest in-between each length. 2 sets of 3 lengths of front crawl at a quick pace, take a 1-3 minute rest between the 3 sets. 5 lengths breast stroke.	Now start pushing yourself hard, the volume of training will stay the same on sprint work, it's the intensity of your lengths that must now increase.
<b>Wed</b>	Rest	
<b>Thurs</b>	Rest	
<b>Fri</b>	100 lengths non-stop front crawl.	Close to our target...
<b>Sat</b>	Rest	
<b>Sun</b>	60 lengths non-stop front crawl, 10 sets of 2 lengths at a sprint pace, only 1-2 minute rest in-between each set.	Building up stamina and strength in a fatigued state

Week No.10	<b>Extending longer swims and more sprints</b>
------------	--

Day	Training	Training notes
Mon	Rest	Hard session, be well fuelled and hydrated.
Tues	Rest	
Wed	10 lengths easy front crawl with no break. Rest, then 6 lengths of kicking holding the float. 6 lengths of arm only with the leg buoy between your legs, rest in-between each length. 4 sets of 4 lengths of front crawl at a quick pace, take a 1-3 minute rest between the 4 sets. 4 sets of 2 lengths at sprint pace, work hard as possible.	
Thurs	Rest	
Fri	10 lengths non-stop front crawl, 10 lengths non-stop breast stroke.	Easier session in preparation for sunday
Sat	Rest	Biggest distance yet!
Sun	116 Lengths of non-stop front crawl.	

Week No.11	<b>Peak week</b>	
Day	Training	Training notes
Mon	Rest	Final hard week.
Tues	10 lengths easy front crawl with no break. Rest, then 7 lengths of kicking holding the float. 7 lengths of arm only with the leg buoy between your legs, rest in-between each length. 2 sets of 6 lengths of front crawl at a fast but controlled pace, take a 1-3 minute rest between the 2 sets. 5 sets of 2 lengths at sprint pace, only 45 seconds rest in-between. 5 lengths of front crawl, easy pace.	Hard session, ensure an adequate recovery meal.
Wed	Rest	

<b>Thurs</b>	70 lengths non-stop front crawl, rest, 5 sets of 4 lengths at a faster pace, 1-3 minutes rest in-between, rest, 5 sets of 2 lengths at a sprint pace with 1-3 minutes rest in-between. 4 lengths easy breast stroke.	
<b>Fri</b>	Rest	
<b>Sat</b>	Rest	
<b>Sun</b>	128 lengths non-stop front crawl working on being happy with a pace for the race day.	Last long session at our target distance.

#### A special note:

In the final week you can either carry on training lightly in the pool, or find an open water venue to do some gentle practice swims in. This is a perfect time to try out your short wetsuit to compete in if you are using one. Swimming in a lake is very different to a swimming pool, there will be more water movement due to currents, and you will not be able to see far around you. It is advisable, especially if a little uncomfortable, to conduct this last week of training in open water. Try to find someone to train with; having them there will help you and spur you on to feel comfortable swimming in open water.

If you are going to wear a wetsuit make sure you train with this in the build up to the race. It is recommended to train in the wetsuit three weeks before the event. This is because performing long swims in a wetsuit is more restrictive than a swim suit.

Week No.12	<b>Taper week and RACE!</b>	
<b>Day</b>	<b>Training</b>	<b>Training notes</b>
<b>Mon</b>	Rest	
<b>Tues</b>	15 lengths breast stroke non-stop, 15 lengths non-stop front crawl	Easy non-stop swimming
<b>Wed</b>	Rest	
<b>Thurs</b>	25-30 lengths non-stop front crawl	
<b>Fri</b>	Rest	Double rest before Sunday's big target.
<b>Sat</b>	Rest	
<b>Sun</b>	RACE DAY	The big one... enjoy your event!

## Motivation

Staying motivated can be one of the toughest aspects of training. Bad weather, work, family and friends can all make it difficult to stay focused and keep keen. To stay enthusiastic make sure you do the following:

- Keep a balance. Training should not “get in the way” of life. Make sure you maintain previous commitments to work, family and friends.
- Treat yourself when you achieve a goal; either a tasty meal or a new piece of kit.

- Remember why you chose to train and what you have achieved since beginning
- Read an inspiring story or autobiography
- Talk to other swimmers
- Write a blog

## Some inspiration quotes:

“I wouldn’t say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it” - **Michael Phelps**

“You are never a loser unless you quit trying!” - **Mike Ditka**

“Top results are reached only through pain. But eventually you like this pain. You’ll find the more difficulties you have on the way, the more you will enjoy your success.” - **Juha Vaatainen**

“If you fail to prepare, prepare to fail.” - **Steve Prefontaine**

“I am not going to allow myself not to perform well just because I don’t feel well. I am bulletproof to the extent that a lot of things can be thrown at me, but it’s about how much I am prepared to let them affect me.” - **Ian Thorpe**

# Good Luck!

You have come to the end of the schedule, and your fitness has improved dramatically from little or no cardiovascular (CV) activity, to being able to complete a 2 mile swimming event. You will have made significant health and fitness gains, and equally importantly, you have progressed safely. By maintaining your training, you will be making a major contribution to your long-term health and fitness, and this schedule can also serve as a foundation and springboard to increase your fitness levels further. Now you've completed your race, you may be tempted to step up and try to improve your finishing time. Enjoy your training.



## Disclaimer

*Neither The Realbuzz Group Ltd or its associated companies, nor the charity that supplied this Guide, nor the Event and organiser to which it is linked, can accept any responsibility for death, injuries or loss caused by any information contained within this Guide. All information is provided in good faith. You should consult your doctor before embarking on any program of physical activity. By using the information in this Guide you agree to indemnify, defend, and hold all the parties referred to above, harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us and the other parties referred to above, is based on or arises in connection with your use of this Guide, any breach by you of these terms and conditions or a claim that your use of this Guide infringes any intellectual property rights of any third party or is libellous or defamatory, or otherwise results in injury or damage to any third party.*