



Advanced Twelve Week Training Program

Training for a 1-mile open water race demands a well-rounded approach that focuses on endurance, speed, technique, and adaptability to open water conditions. Here's a structured 12-week program to get you race-ready for the events over race weekend and the Charity 8- and 16-Mile Swims.

Week 1-4: Building Base Endurance and Technique

Goals: Establish aerobic base, perfect stroke mechanics, build initial endurance

WEEK 1-2:

SESSION 1:

- Warm-up: 400m easy swim
- Main Set: 10 x 100m freestyle (20 seconds rest)
- Technique Drills: 4 x 50m (focus on breathing, body position)
- Cool Down: 200m easy swim

SESSION 2:

- Warm-up: 400m easy swim
- Main Set: 5 x 200m (30 seconds rest)
- Technique Drills: 6 x 50m (focus on kick and pull)
- Cool Down: 200m easy swim

SESSION 3:

- Warm-up: 400m easy swim
- Long Swim: 1,000m continuous swim at moderate pace
- Cool Down: 200m easy swim



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WEEK 3-4:

SESSION 1:

- Warm-up: 400m easy swim
- Main Set: 12 x 100m freestyle (15 seconds rest)
- Technique Drills: 4 x 50m (focus on sighting)
- Cool Down: 200m easy swim

SESSION 2:

- Warm-up: 400m easy swim
- Main Set: 6 x 200m (25 seconds rest)
- Technique Drills: 6 x 50m (focus on turns and starts)
- Cool Down: 200m easy swim

SESSION 3:

- Warm-up: 400m easy swim
- Long Swim: 1,200m continuous swim with practice on sighting every few strokes
- Cool Down: 200m easy swim



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Week 5-8: Building Speed and Strength

Goals: Increase speed, enhance muscular endurance, maintain technique

WEEK 5-6:

SESSION 1:

- Warm-up: 400m easy swim
- Main Set: 8 x 200m (20 seconds rest)
- Strength Drills: 4 x 100m (paddle work)
- Cool Down: 200m easy swim

SESSION 2:

- Warm-up: 400m easy swim
- Speed Set: 16 x 50m sprint (20 seconds rest)
- Technique Drills: 4 x 100m (focus on high elbow catch)
- Cool Down: 200m easy swim

SESSION 3:

- Warm-up: 400m easy swim
- Long Swim: 1,400m continuous swim at a brisk pace
- Cool Down: 200m easy swim



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WEEK 7-8:

SESSION 1:

- Warm-up: 400m easy swim
- Main Set: 10 x 200m (15 seconds rest)
- Strength Drills: 4 x 100m (fin work)
- Cool Down: 200m easy swim

SESSION 2:

- Warm-up: 400m easy swim
- Speed Set: 20 x 50m sprint (15 seconds rest)
- Technique Drills: 4 x 100m (focus on streamline)
- Cool Down: 200m easy swim

SESSION 3:

- Warm-up: 400m easy swim
- Long Swim: 1,600m continuous swim with occasional sprints
- Cool Down: 200m easy swim



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Week 9-12: Race-Specific Preparation and Tapering
Goals: Simulate race conditions, taper for peak performance

WEEK 9-10:

SESSION 1:

- Warm-up: 500m easy swim
- Main Set: 12 x 200m (10 seconds rest)
- Technique Drills: 4 x 100m (focus on open water skills)
- Cool Down: 200m easy swim

SESSION 2:

- Warm-up: 500m easy swim
- Speed Set: 12 x 100m sprint (15 seconds rest)
- Technique Drills: 4 x 100m (focus on finishing strong)
- Cool Down: 200m easy swim

SESSION 3

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- Warm-up: 500m easy swim
- Long Swim: 1,800m continuous swim at race pace
- Cool Down: 300m easy swim



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WEEK 11-12:

SESSION 1:

- Warm-up: 500m easy swim
- Main Set: 8 x 200m (10 seconds rest)
- Technique Drills: 4 x 100m (focus on sighting and navigation)
- Cool Down: 200m easy swim

SESSION 2:

- Warm-up: 500m easy swim
- Speed Set: 6 x 100m sprint (10 seconds rest)
- Technique Drills: 4 x 100m (focus on efficient breathing)
- Cool Down: 200m easy swim

SESSION 3:

- Warm-up: 500m easy swim
- Long Swim: 1,609m (1 mile) continuous swim at race pace
- Cool Down: 300m easy swim

ADDITIONAL TIPS:

- Open Water Practice: Swim in open water at least once a week to get used to different conditions.
- Strength Training: Include strength and conditioning workouts, focusing on core and upper body, twice a week.
- Nutrition and Hydration: Maintain a balanced diet and stay hydrated, especially on training days.
- Rest and Recovery: Ensure adequate rest, including at least one full rest day per week and tapering intensity in the last two weeks before the race.

Good luck with your training and race preparation! Let me know if you need any adjustments to the program.