

| week | Monday Goal pace | Tues | Wednesday Continuous swim | Thur | Friday Speed/endurance | Sat or Sun Sea swim |
|---------------------|---------------------------------------|-------------|--------------------------------------|-------------|---|--------------------------------|
| wk 1 beginner | 4 x 200mtrs with 3 minutes rest. | off | 400 mtrs. | off | 2 x 25, 2 x 50, 2 x 75, 3 x 100, 2 x 75, 2 x 50, 2 x 25. 15 seconds rest between. | 10 minutes |
| Previous experience | 5-6 x 200 mtrs with 2 minutes rest. | off | 800 mtrs | | 4 x 25, 4 x 50, 2 x 75, 2 x 100, 2 x 75, 4 x 50, 4 x 25. 15 seconds rest between. | 20 minutes |
| wk2 beginner | 5 x 200 mtrs with 2 minutes rest. | off | 800 mtrs. | off | 8 x 25 mtrs 10 seconds rest 10 x 50 mtrs 15 seconds rest 8 x 25 mtrs 10 seconds rest | 15 minutes |
| Previous experience | 6-7 x 200 mtrs with 1 minutes rest. | off | 1000 mtrs | off | 10 x 25 mtrs 10 seconds rest 16 x 50 mtrs 15 seconds rest 10 x 25 mtrs 10 seconds rest | 30 minutes |
| wk 3 beginner | 4 x 300 mtrs with 2 minutes rest. | off | 1200 mtrs. | off | 8-10 x 100 mtrs with 20 seconds rest. | 20 minutes |
| Previous experience | 5 x 300 mtrs with 1 minutes rest. | off | 1600 mtrs | off | 12 -14x 100 mtrs with 20 seconds rest. | 35 minutes |
| wk 4 beginner | 5 x 300 mtrs with 1 minutes rest. | off | 1400 mtrs. | off | 25 mtr hard, 25 mtr easy 50 mtr hard, 50 mtr easy 75 mtr hard, 75 mtr easy 100 mtr hard, 100 m easy 100 mtr hard, 100m easy and back down starting with 75 hard, 75 easy. All continuous - no rest. | 20 minutes |
| Previous experience | 6 x 300 mtrs with 30-45 seconds rest. | off | 1800 mtrs | off | 25 mtr hard, 25 mtr easy 50 mtr hard, 50 mtr easy 75 mtr hard, 75 mtr easy 100 mtr hard, 100 m easy 125 mtr hard, 125m easy and back down starting with 100 hard, 100 easy. All continuous - no rest. | 35 minutes |
| wk5 beginner | 3 x 200 with 90 seconds rest | off | light sea swim practice - 15 minutes | off | A smaller version of any Speed/endurance programme | Wharf to Wharf swim 1200 mtrs. |
| Previous experience | 4 x 200 with 90 seconds rest | off | light sea swim practice - 20 minutes | off | A smaller version of any Speed/endurance programme | Wharf to Wharf swim 1200 mtrs |

General points:

This 5 week plan is to help you get to the Wharf to wharf swim confident you can achieve the distance. I'm assuming you have some swimming conditioning already. Use the distances only as a guide - you may decrease or increase the amounts to suit. Included are the main workouts only not the warm ups, downs and drills. Ensure you include 100-300 mtrs to warm up and down. This may also include drills if you know them. The continuous swims in the pool will give you more confidence going into the sea. It's important you do the sea swims to acclimatize to the water temp and variable conditions.

Types of sessions:

Long pool swims:

These are designed to increase each week. Your goal should be to feel comfortable with the distance or more by week 4.

Goal pace workouts:

Swimming at a consistent desired pace throughout your swim. Swim each 200 or 300 at a consistent effort of 75-85 % - this will depend on your level of fitness and experience. If a beginner than focus on a steady effort throughout. If looking to increase your speed than push it along. Using your perceived effort of 75-85% time each distance to quantify what you've done. If you progressively slow down through the workout you may have gone out too fast. Conversely if you've gone too slow to begin with you may speed up toward the end. Over the 4 weeks you'll get better at pacing yourself to maximise your performance. The key is to time the 200 and 300s so you know where you're at. As the rest is reduced and distances increased your body will adapt and you'll be able to swim faster and more consistently during your long swims.

Speed/endurance workouts:

Designed to make you swim faster than normal with little rest. Swimming at a higher intensity than normal (80-95% perceived effort) with short rest to allow partial recovery will help improve your speed over distance. Also a fun a variable workout. Again pace judgement is key here. If you're not sure how fast to go start on the easier side and build through the workout.

Sea swims:

You need to get out into the open water and get used to the conditions. Also to practice navigating your way between the Wharfs. Practice looking up every 10-20 strokes to see where you're going.