Training Plan: 12-week Beginner's Short-distance Swimrun

(Sprint distance swimrun = 12 to 15km inc. 20% of swimming)

	Swimming Including (inc.) Pull buoy (pb) Paddles (padd)	Running Including (inc.)	Swimrunning	Extras
Week 1: **STRENGTH**	Pool: - Technique: 45min inc. drills and test 3x200m with 1min rest - Strength: 3km inc. 4x300m pb/padd	- Long: 15km inc. some change of paces - Strength: 60min inc. Hill reps (6x 90" uphill/60" downhill) - Endurance: 70min inc. 3x10min increasing the pace every 10min	- 75min with race partner trying the gear. Testing the activity.	Core and strength: 5-10min every day or second day Alternative training like 60min yoga or 75min mtb
Week 2: **STRENGTH**	Pool: - Technique: 45min of drills - Strength: 3km inc. 2x400m + 6x150m pb/padd - Long: 75min inc. 15min technique + 2x15min pb/padd	- Long: 17km inc. some change of paces - Strength: 60min inc. hill reps (6x2min uphill + 60-90" downhill) - Endurance: 75min inc. 3x12min increasing the pace every 12min		Core and strength: 5-10min every day or second day Alternative training like 60min yoga or 75min mtb
Week 3: **STRENGTH**	Pool: - Technique: 45min of drills - Strength: 3km inc. 3x500m pb/padd with 45" rest.	- Long: 18km inc. some change of paces - Strength: 60min inc. hill reps (6x3min uphill + 90" downhill) - Endurance: 80min inc. 3x15min increasing the pace every 15min	- 90min with race partner trying the gear and simulating some race sections at race speed	Core and strength: 5-10min every day or second day Alternative training like 60min yoga or 75min mtb
Week 4: **SWIMRUN** **FOCUS**	- Technique: 45min of drills - Technique: 60min inc. drills and speed (25-50-75m easy/hard…)	- Long: 20km inc. some change of paces. - Endurance: 70min inc. 3x10min increasing the pace every 10min	- 90min with race partner trying the gear and simulating some race sections at race speed - 90-120min easy pace	Core and strength: 5-10min every day or second day
Week 5: **SPEED**	Pool: - Technique: 60min inc. drills and test	- Long: 20km inc. some change of paces	- 90-120min with race partner including 2 hard swims and 2 hard runs	Core and strength: 5-10min every

	3x200m with 1min rest Open water: - Strength: 60min inc. 6x4min pb/padd with 20" rest	- Speed: 60min inc. Intervals (6x1km solid with 60" rest) - Endurance: 70min inc. 3x10min increasing the pace every 10min		day or second day
Week 6: SPEED	Pool: - Speed: 60min inc. drills and series of short intervals (25-50-75-100m easy/hard…) Open water: - Strength: 70min inc. 4x8min solid pb/padd increasing the pace with 30" rest	- Long: 2h with some change of paces in specific race landscape - Speed: 60min inc. intervals (5x1.5km + 400m fast) - Endurance: 80min inc. 3x12min increasing the pace every 12min	- 90-120min with race partner including 3 hard swims and 3 hard runs	Core and strength: 5-10min every day or second day
Week 7: SPEED	Pool: - Speed: 60min inc. drills and series of short intervals (25-50-75-100m easy/hard…) Open water: - Strength: 75min inc. 2x(5-4-3-2-1min solid) pb/padd increasing the pace with 30" rest	- Long: 2h+ with some change of paces in specific race landscape - Speed: 60min inc. Intervals (4x2km + 400m fast) - Speed: 60min inc. Intervals (8x 400m fast with 200m rest jog).	- 90-120min with race partner including 4 hard swims and 4 hard runs	Core and strength: 5-10min every day or second day
Week 8: SWIMRUN FOCUS	Open water: - Strength: 75min inc. 2x(5-4-3-2-1min solid) pb/padd increasing the pace with 30" rest - Continuous: inc. wu: 10min + 5x (1min hard/1min) easy + 2x20min non-stop pb/padd	- Long: 15km inc. some change of paces. - Endurance: 70min inc. 3x10min increasing the pace every 10min	- 2h+ with race partner including a few hard segments - 90-120min easy pace	Core and strength: 5-10min every day or second day
Week 9	Pool: - Technique: 75min inc. drills and test 3x200m with 1min rest	- Long: 22km inc. some change of paces - Speed: 60min inc. Intervals (8x1km solid with 60" rest)	- 2h+ with race partner including a few hard segments	Core and strength: 5-10min every day or second day

	Open water: - Strength: 60min inc. 8x3min pb/padd with 20" rest	- Endurance: 70min inc. 5x6min increasing the pace in the 6min		
Week 10	Open water: - Strength: 75min inc. 2x(8-5-2min solid) pb/padd increasing the pace with 30" rest - Continuous: inc. wu: 10min + 5x (1min hard/1min easy) + 3x15min non-stop pb/padd	- Long: 2h finishing strong - Speed: 60min inc. Intervals (6x1.5km solid with 200mt jog rest) - Endurance: 70min inc. 6x4min increasing the pace in the 4min every min	- 90min with race partner including a few hard segments - 90min easy pace focusing on transitions	Stretch 5-10min every day or second day
Week 11	Open water: - Continuous: inc. wu: 10min easy + 30min non-stop pb/padd - Continuous: inc. wu: 10min + 5x (1min hard/1min easy) + 3x15min non-stop pb/padd	- Endurance: 70min inc. 6x4min increasing the pace in the 4min every min - Endurance: 60min inc. 3x10min increasing the pace every 10min	- 90min with race partner including a few hard segments - 75min easy pace focusing on transitions	Stretch 5-10min every day or second day
Week 12: RACE WEEK	Pool: - Speed: 45min inc. drills and series of short intervals (25-50-75-100m easy/hard…) Open water: - Strength: 35min inc. 4x2min solid pb/padd increasing the pace with 30" rest	- Endurance: 45min easy pace with a few strides (4x 50-70m) - Endurance: 45min easy pace	- 45min easy pace to test all the gear a last time. - **RACE**	Stretch 5-10min every day or second day