

TRAINING PLAN  
COACH DERMOTT HAYES



# BOOST YOUR SWIM SKILLS

## IN 8 WEEKS!

TURN TO P75 to advance your swim with tech from Garmin and Swim Smooth.

This is a great time of year to evaluate your past season and calculate how to improve for next year.

A key focus should be on any weaker areas in your race to balance out your performance. For many who come into tri from a non-swimming background, this is your time to increase the amount of swim time. Swimming is a discipline that can only improve through repetition of good habits, so regularly hitting the water is the way forward.

This eight-week training plan provides you with a variety of endurance, speed and drill sessions. This combination will produce better results more quickly than simply repeating the same sessions. The sessions gradually increase in duration and intensity as the eight weeks progress, and there's a drill session each week to enforce good habits. This should take the form of a technique session from our resident swim expert, Richard Smith (see p90): use his workout on the prescribed drills day.

This training plan allows you to increase or decrease the volume of swim distance depending on your 2018 racing

targets. While these swim sets are based on athletes targeting sprint through to 70.3 distance, if you're building for a 2018 Iron you can add a further 20-25% distance to the workouts. The recovery periods between sets should be 40-60secs unless stated; if you want to build aerobic fitness then gradually decrease the recovery time.

A key element of the plan is establishing an average pace that you can sustainably swim 100m at when executing a hard effort. So in weeks one, four and eight, there's a test. Complete the test to find your average pace per 100m. Swimming above or below Test Pace (TP) forms the basis of most of the sessions.

Let's not forget that we need to bike and run, so sessions are included to stay on top of this. The main areas of focus are on promoting greater aerobic stamina through endurance sessions, but including some tempo and interval training so you don't become stale through a lack of speed work. Always include a warm-up (5-8mins of gradually building intensity from easy to vigorous) and cool-down (3-5mins of easy cardio followed by stretches) to each session. ▶

### COACH'S TIPS SWIM PREP



#### STICK TO THE PLAN

Too many triathletes repeat the same swim sessions because they get to the pool and forget what they should be doing. Print the plan out, laminate it and take it with you.



#### DO THE DRILLS

Don't overlook the drill sessions in an attempt to get fitter and faster. Swimming with great technique will provide you with speed and also more efficiency.



#### JOIN A CLUB

Having a coach on poolside and fellow athletes to work with will see you improve at a far greater rate. Listen to the feedback and apply to your solo sessions.



#### READY YOURSELF

Prepare your kit in advance before your swimming sets. Far too many swim sessions are wasted by forgetting goggles, a towel, pull buoy, etc.

*Want to swim faster in 2018? Then now's the time to build your swim technique with endurance, speed and drill sets*

BREAKTHROUGH MEDIA

## TRAINING PLAN - WEEKS 1 TO 4

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

### WEEK 1 - TIME TO GET STARTED WITH THE KEY TEST PACE (TP) SESSION TO FIND YOUR AVERAGE 100M PACE

SWIM TEST	RUN	SWIM	REST DAY	SWIM	BIKE	RUN
<p><b>Sprint athletes</b> 5 x 100m with 20secs rest</p> <p><b>Olympic/70.3</b> 5 x 200m w/30secs RI</p> <p><b>Ironman</b> 5 x 250m w/30secs RI</p>	<p><b>3-4 x 2km</b> Build intensity with a hard final 500m</p> <p>Aim to repeat consistent times</p> <p>2mins recovery walk between sets</p>	<p>300m @ 10sec slower than TP; 100m pull</p> <p>300m @ 10sec slower than TP; 100m kick</p> <p>300m @ 10sec slower than TP; 100m catch-up</p>		<p>Complete the session as provided by swim expert on p90</p>	<p><b>2-3hrs</b> moderate, on the road</p> <p>Include a variety of climbs, focusing on staying efficient</p>	<p><b>40-60mins</b> moderate, off-road</p> <p>Choose an undulating route</p> <p>Include 2 x 1km @ race pace</p>

### WEEK 2 - AS PER WEEK 1, INCLUDE THE TECHNIQUE SESSION FROM P90 IN YOUR WEEKLY SCHEDULE

SWIM	BIKE	SWIM	REST DAY	SWIM	RUN	BIKE
<p>350m @ 10sec slower than TP; 100m pull</p> <p>350m @ 10sec slower than TP; 100m kick</p> <p>350m @ 10sec slower than TP; 100m catch-up</p>	<p><b>3-4 x 8mins</b> increasing intensity with gear changes each 2mins. Maintain consistent RPM</p> <p>2mins recovery between sets</p> <p>Alternatively, try a spin class</p>	<p>1 x 300m @ 5sec slower than TP; 3 x 100m @ TP; 6 x 50m @ 5sec faster than TP; 150m easy; 1 x 300m @ 5sec slower than TP; 3 x 100m @ TP; 6 x 50m @ 5sec faster than TP</p>		<p>Complete the session as provided by swim expert on p90</p>	<p><b>40-60mins</b> moderate, off-road</p> <p>Choose an undulating route and a duration dependent on racing distance</p>	<p><b>2-3hrs</b> moderate, on the road</p> <p>Include 2-3 x 15mins @ race pace, focusing on body position and power</p>

### WEEK 3 - THE WEEKS CONTINUE WITH A MIX OF ENDRUANCE, SPEED & DRILL SETS, TO PRODUCE BETTER RESULTS MORE QUICKLY

SWIM	RUN	SWIM	REST DAY	SWIM	BIKE	RUN
<p>400m @ 10sec slower than TP; 100m pull</p> <p>400m @ 10secs slower than TP; 100m kick</p> <p>400m @ 10secs slower than TP; 100m catch-up</p>	<p><b>3-4 x 2km</b> building in intensity with a hard final 500m</p> <p>Aim to repeat consistent times</p> <p>2mins recovery walk between sets</p>	<p>1 x 300m @ 5secs slower than TP; 2 x 150m @ TP; 6 x 50m @ 5sec faster than TP; 150m easy; 1 x 300m @ 5sec slower than TP; 2 x 150m @ TP; 6 x 50m @ 5secs faster than TP</p>		<p>Complete the session as provided by swim expert on p90</p>	<p><b>2-3hrs</b> moderate, on the road</p> <p>Include a variety of climbs focusing of staying efficient</p>	<p><b>40-60mins</b> moderate, off-road</p> <p>Choose an undulating route</p> <p>Include 3 x 1km @ race pace</p>

### WEEK 4 - THE SESSIONS GRADUALLY INCREASE IN DURATION AND INTENSITY AS THE EIGHT WEEKS PROGRESS

SWIM TEST	BIKE	SWIM	REST DAY	SWIM	RUN	BIKE
<p><b>Sprint athletes</b> 5 x 100m with 20secs rest</p> <p><b>Olympic/70.3</b> 5 x 200m w/30secs RI</p> <p><b>Ironman</b> 5 x 250m w/30secs RI</p>	<p><b>3-4 x 8mins</b> increasing intensity with gear changes each 2mins</p> <p>2mins recovery between sets</p> <p>Alternatively try a spin class</p>	<p>1 x 300m @ 5secs slower than TP; 3 x 100m @ TP; 8 x 50m @ 5secs faster than T, 150m easy; 1 x 300m @ 5secs slower than TP; 3 x 100m @ TP; 8 x 50m @ 5secs faster than TP</p>		<p>Complete the session as provided by swim expert on p90</p>	<p><b>40-50mins</b> moderate, off-road</p> <p>Choose an undulating route and a duration dependent on racing distance</p>	<p><b>90-120mins</b> moderate, on the road</p> <p>Include 2-3 x 10mins @ race pace, focusing on body position and power</p>

## TRAINING PLAN - WEEKS 5 TO 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

### WEEK 5 - IF YOU'RE BUILDING FOR A 2018 IRONMAN, ADD A FURTHER 20-25% DISTANCE TO THE SWIM WORKOUTS

SWIM	RUN	SWIM	REST DAY	SWIM	BIKE	RUN
<p>3 x 200m @ 5secs slower than TP, 100m pull; 3 x 150m @ 5secs slower than TP, 100m kick; 3 x 100m @ 5secs slower than TP, 100m catch-up</p>	<p><b>1km</b> moderate</p> <p><b>4-6 x 800m</b> @ race pace with 1min recovery between sets</p> <p><b>1km</b> moderate</p>	<p>3-5 x 200m @ 3sec faster than TP</p> <p>200m recovery pull</p> <p>6-8 x 100m @ 3secs faster than TP</p>		<p>Complete the session as provided by swim expert on p90</p>	<p><b>45-60mins</b> moderate, on the trails</p> <p>Within the run, include 4-5 hill reps that last 1-3mins and really attack them hard</p>	<p><b>45-70mins</b> moderate, off-road</p> <p>Choose an undulating route</p> <p>Include 4 x 1km @ race pace</p>

### WEEK 6 - THE BIKE & RUN SESSIONS ARE DESIGNED TO COMPLEMENT THE SWIMS, PROMOTING GREATER AEROBIC STAMINA

SWIM	BIKE	SWIM	REST DAY	SWIM	RUN	BIKE
<p>3 x 300m @ 5secs slower than TP, 100m pull; 3 x 200m @ 5secs slower than TP, 100m kick; 3 x 100m @ 5secs slower than TP, 100m catch-up</p>	<p><b>5-6 x 6mins</b> increasing intensity. Aim to increase gear and revs per min every 2mins, with 2mins recovery between sets</p> <p>Alternatively, try a spin class</p>	<p><b>5-6 x 100m</b> @ 5secs faster than TP; 100m recovery pull</p> <p><b>3 x 200m</b> @ TP; 100m recovery pull</p> <p><b>5-6 x 100m</b> @ 3secs faster than TP</p>		<p>Complete the session as provided by swim expert on p90</p>	<p><b>40-60mins</b> moderate, off-road</p> <p>Choose an undulating route and a duration dependent on racing distance</p>	<p><b>2-3.5hrs</b> moderate, on the road</p> <p>Include 2-3 x 20mins @ race pace focusing on body position and power</p>

### WEEK 7 - IF YOU WANT TO BUILD EVEN MORE AEROBIC FITNESS THEN GRADUALLY DECREASE THE RECOVERY TIME

SWIM	RUN	SWIM	REST DAY	SWIM	BIKE	RUN
<p>2 x 400m @ 5secs slower than TP, 100m pull; 2 x 300m @ 5secs slower than TP, 100m kick; 2 x 200m @ 5secs slower than TP, 100m catch-up</p>	<p><b>1km</b> moderate</p> <p><b>4-6 x 800m</b> @ race pace with 1min recovery between sets</p> <p><b>1km</b> moderate</p>	<p>3-5 x 200m @ 3sec faster than TP</p> <p>200m recovery pull</p> <p>6-8 x 100m @ 5secs faster than TP</p>		<p>Complete the session as provided by swim expert on p90</p>	<p><b>2-3hrs</b> moderate, on the road</p> <p>Include a variety of climbs focusing of staying efficient</p>	<p><b>45-70mins</b> moderate, off-road</p> <p>Choose an undulating route</p> <p>Include 4 x 1km @ race pace</p>

### WEEK 8 - COMPLETE THE FINAL OF THREE SWIM TESTS THIS WEEK - YOU SHOULD HOPEFULLY SEE IMPROVEMENTS

SWIM TEST	BIKE	SWIM	REST DAY	SWIM	RUN	BIKE
<p><b>Sprint athletes</b> 5 x 100m with 20secs rest</p> <p><b>Olympic/70.3</b> 5 x 200m w/30secs RI</p> <p><b>Ironman</b> 5 x 250m w/30secs RI</p>	<p><b>5-6 x 6mins</b> increasing intensity. Aim to increase gear and revs per min each 2mins</p> <p>2mins recovery between sets</p> <p>Alternatively, try a spin class</p>	<p>5-6 x 100m @ 5secs faster than TP; 100m recovery pull</p> <p>3 x 200m @ TP; 100m recovery pull</p> <p>5-6 x 100m @ 3secs faster than TP</p>		<p>Complete the session as provided by swim expert on p90</p>	<p><b>45mins</b> easy</p> <p>Run at a conversational pace, keep the route quite flat and focus on consistent pacing</p>	<p><b>90-120mins</b> moderate, on the road</p> <p>Include 2-3 x 10mins @ race pace focusing on body position and power</p>