



# Swimming

Training Plan  
1 mile

In partnership with

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COACHING &  
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[runningwithus.com](http://runningwithus.com)

MACMILLAN  
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<b>Swim</b> 20 min freestyle easy effort, 4×5 mins with 2 min recovery	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 6×75m steady effort with 30 sec recovery	<b>Rest</b>	<b>Cross training</b> 45 mins easy effort	<b>Swim</b> 500m easy effort
2	<b>Swim</b> 20 min freestyle easy effort, 4×5 mins with 2 min recovery	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 8×75m steady effort with 30 sec recovery	<b>Rest</b>	<b>Cross training</b> 50 mins easy effort	<b>Swim</b> 600m easy effort
3	<b>Swim</b> 30 min freestyle easy effort, 3×10 mins with 2–3 min recovery	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 5×100m with 30 sec recovery + 90 sec recovery + 100m fast recording time	<b>Rest</b>	<b>Cross training</b> 60 mins easy effort	<b>Swim</b> 800m easy effort
4	<b>Swim</b> 30 min freestyle easy effort, 3×10 mins with 2–3 min recovery	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 6×100m steady effort with 30 sec recovery + 90 sec recovery + 100m fast recording time	<b>Rest</b>	<b>Cross training</b> 60–70 mins easy effort	<b>Swim</b> 900m easy effort
5	<b>Swim</b> 30 min freestyle easy effort, 3×10 mins with 90 sec recovery	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 30 mins, go as far as you can whilst maintaining control	<b>Rest</b>	<b>Cross training</b> 45 mins easy effort	<b>Swim</b> 700m easy effort
6	<b>Swim</b> 30 mins easy effort	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 6×150m steady effort with 20 sec recovery + 90 sec recovery + 100m fast recording time	<b>Rest</b>	<b>Cross training</b> 70 mins easy effort	<b>Swim</b> 800m easy effort

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	<b>Swim</b> 30 mins easy effort	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 5×200m steady effort with 30 sec recovery	<b>Rest</b>	<b>Cross training</b> 90 mins easy effort	<b>Swim</b> 1000m easy effort
8	<b>Swim</b> 35 mins easy effort	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 6×200m steady effort with 30 sec recovery	<b>Rest</b>	<b>Cross training</b> 1 hr 45 mins easy effort	<b>Swim</b> 1200m easy effort
9	<b>Swim</b> 40 mins easy effort, 2×20 mins with 5 min recovery	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 30–40 mins, go as far as you can whilst maintaining control	<b>Rest</b>	<b>Cross training</b> 2 hrs easy effort	<b>Swim</b> 1300m easy effort
10	<b>Swim</b> 40 mins easy effort	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 8–10×100m at race pace with 15–20 sec recovery between sets	<b>Rest</b>	<b>Cross training</b> 1 hr 45 mins	<b>Swim</b> 1200m easy effort
11	<b>Swim</b> 30 mins easy effort	<b>Strength &amp; conditioning</b> including core	<b>Rest</b>	<b>Swim</b> 30 min freestyle Continuous easy effort	<b>Rest</b>	<b>Cross training</b> 45 mins easy effort	<b>Swim</b> 700m easy effort
12	<b>Rest</b>	<b>Mobility and stretching</b>	<b>Rest</b>	<b>Swim</b> 20 min freestyle Continuous easy effort	<b>Rest</b>	<b>Cross training</b> 15 mins easy effort run and stretches	<b>Race Day. Good luck!</b>