



Swimming

Training Plan
5km

In partnership with

running
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COACHING &
CONSULTANCY
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MACMILLAN
CANCER SUPPORT

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------|--|---|-------------|--|-------------|--|----------------------------------|
| 1 | Strength & conditioning including core | Swim 20 mins freestyle easy effort, 4x5 mins with 2 min recovery | Rest | Swim 6x100m steady effort with 30-60 sec recovery | Rest | Cross training 45 min easy effort | Swim 1000m easy effort |
| 2 | Strength & conditioning including core | Swim 25 mins freestyle easy effort, 5x5 mins with 2 min recovery | Rest | Swim 10x100m steady effort with 60 sec recovery | Rest | Cross training 50 min easy effort | Swim 1200m easy effort |
| 3 | Strength & conditioning including core | Swim 30 mins freestyle easy effort, 3x10 mins with 2-3 min recovery | Rest | Swim 8x200m with 90 sec recovery + 90 sec recovery | Rest | Cross training 60 min easy effort | Swim 1600m easy effort |
| 4 Easy week | Strength & conditioning including core | Swim 20 mins freestyle easy effort, 4x5 mins with 2 min recovery | Rest | Swim 6x100m steady effort with 30 sec recovery | Rest | Cross training 60 - 70 min easy effort | Swim 1000m easy effort |
| 5 | Strength & conditioning including core | Swim 40 mins freestyle easy effort, 4x10 mins with 90 sec recovery | Rest | Swim 30 mins, go as far as you can whilst maintaining control | Rest | Cross training 45 min | Swim 1600m easy effort |
| 6 | Strength & conditioning including core | Swim 15 mins easy effort with 3 min recovery then 5x100m controlled effort with 90 sec recovery | Rest | Swim 10x150m steady effort with 20 sec recovery + 90 sec recovery + 100m fast recording time | Rest | Cross training 70 min | Swim 2000m easy effort |

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------|--|---|-------------|--|-------------|---|----------------------------------|
| 7 | Strength & conditioning including core | Swim 45 mins freestyle easy effort with 9×5 mins with 1 min recovery | Rest | Swim 20 mins continuous with 3 min recovery then 5×150m steady effort with 30 sec recovery | Rest | Cross training 90 mins easy effort | Swim 2400m easy effort |
| 8 Easy week | Strength & conditioning including core | Swim 20–30 mins easy effort | Rest | Swim 5×200m steady effort with 30 sec recovery | Rest | Cross training 1 hr 45 mins easy effort | Swim 1000m easy effort |
| 9 | Strength & conditioning including core | Swim 60 mins easy effort 3×20 mins easy effort with 3 min recovery | Rest | Swim 30–40 mins, go as far as you can whilst maintaining control | Rest | Cross training 2 hrs easy effort | Swim 3000m easy effort |
| 10 | Strength & conditioning including core | Swim 20 mins easy effort with 3 min recovery then 5×100m controlled effort with 90 sec recovery | Rest | Swim 10×150m steady effort with 20 sec recovery + 90 sec recovery + 100m fast recording time | Rest | Cross training 1 hr 45 mins | Swim 3500m easy effort |
| 11 | Strength & conditioning including core | Swim 60 mins easy effort | Rest | Swim 16×100m at race pace with 30–60 sec recovery between sets | Rest | Cross training 45 mins easy effort | Swim 1000m easy effort |
| 12 | Rest | Swim 3×100m controlled effort with 90 sec recovery | Rest | Swim 15 mins freestyle continuous easy effort | Rest | Cross training 15 mins and stretches | Race Day. Good luck! |