

The plan

BOOST YOUR OPEN-WATER SWIMMING

THE SURE-FIRE WAY TO BOOST CONFIDENCE AGAINST THE NEMESIS THAT IS OPEN WATER

Meet the expert

Doug Hall

Hall coaches novices and top-level age-groupers. He's an elite athlete and studied sport at the University of Bath



THESE TRAINING plans are aimed at adjusting your pool swimming routine to work in specific open-water sessions designed to help you improve your race times. With one plan for Olympic-distance racing (swim volume 3km at most) and one plan for Iron-distance racing (swim volume 5km at most) if you're looking to improve on your open-water swim splits then follow these right now.

With longer distance open-water swims providing no respite after 25 or 50m, the sessions are focused around longer reps with little rest to help build up your endurance and get you prepared for swimming long distances without stopping. By combining this increase in volume with specific open-water skills such as sighting, starts, turning and some 'alternative' drills such as dive downs

and underwater swimming, you'll start to meet the requirements for fast open-water swimming. Concentrate on getting comfortable with open-water swimming – get accustomed to swimming in cold water and wearing a wetsuit by getting down to your local open-water swimming venue and practising. Make sure you swim in pairs so there is always someone keeping an eye out for you. Practise swimming on people's feet or hip conserving energy by 'drafting' others. You can either swim at your normal speed using less effort, or try to get on the feet of faster swimmers whilst staying in control of your effort. If your racing is taking you abroad to hot climates (think China for ITU World Champs) then practise swimming without a wetsuit on. Yes, it might be cold in the UK, but you'll be glad of the extra practice come race day.

Are these plans for you?

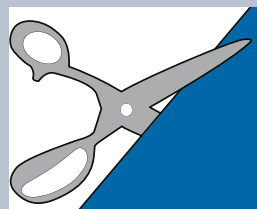
Before beginning this plan you should already be able to:

- Swim 750m front crawl, non-stop
- Ride your bike for two hours
- Run for 30 minutes

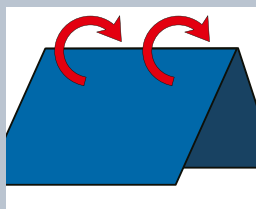


How it works

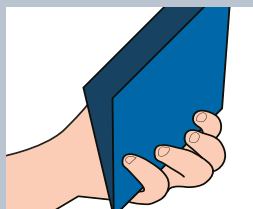
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training





6 hours per week

OLYMPIC DISTANCE

TAKE A 1500M OPEN-WATER SWIM IN YOUR STRIDE WITH THIS FOUR-WEEK PLAN

FOLD1

WEEK 01

WEEK 02

Day	WEEK 01	WEEK 02
Mon	Rest day	
Tue	<p>Type Swim Distance 2.5km WU 400m choice swimming MAIN 4x(5x100m + 30secs)</p> <p>Set1 Open-water start, drift away from the pool edge and get yourself up to speed without a push-off Set2 Open-water turns, turn short of the pool edge and get yourself up to speed without a push-off Set3 Sighting, every 4-5 strokes lift head forwards look down the length of the pool Set4 Dive downs, at half way on each length swim underwater and touch the bottom with both hands before getting back up to speed WD 100m choice</p>	<p>Type Swim Distance 2.5km WU 300m choice swimming MAIN 10x200m + 30secs RI as open-water start/dive downs at half way on each length/open-water turns. Keep each rep aerobic, but take 3-5 hard strokes after each start/dive/turn to get yourself back up to speed. If swimming with a training partner, alternate who leads each rep and practise drafting WD 200m KICK</p>
Wed	<p>Type Run Distance 12km Easy 1 hour steady state running</p>	<p>Type Run Distance 12km Easy 1 hour steady state running</p>
Thur	<p>Type Swim Distance 3km WU 300m choice swimming/200m PULL/200m choice swimming/200m KICK MAIN 4x500m alternating PULL/swim + 30secs RI WD 100m choice swimming</p>	<p>Type Swim Distance 3km WU 8x100m build 1-4-5-8 + 20secs RI MAIN 5x400m + 60secs RI as 100m build to RP/200m at RP/100m easy) Alternates swim/PULL WD 200m easy</p>
Fri	Rest day	
Sat	<p>Type Bike Distance 60km 2 hours steady state cycling</p>	<p>Type Bike Distance 60km 2 hours steady state cycling</p>
Sun	<p>Type Swim Distance 3km 3x1km reps (open water) 1st rep - build pace/effort 2nd rep - maintain pace/effort 3rd rep - gradually reduce pace/effort</p>	<p>Type Swim Distance 3km 2x1.5km (open water). Alternate between 20 strokes hard/20 strokes easy</p>

TRAINING ZONES

USING THESE training zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity, using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly-precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity, but it's even more important that you get out there and enjoy your training

ZONE 1 [Z1] EASY

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 [Z2] STEADY STATE

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 [Z3] HARD

75% to 80% of max. Fairly hard, but sustainable pace

ZONE 4 [Z4] RACE PACE

80 to 90% of max. Hard pace, sustainable, but requires real focus

KEY

WU Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **PULL** Front crawl using a pull float, **RI** Rest interval, **BUILD** Swim each 25m slightly faster than the previous, **KICK** Kick with a float held out in front of you, **FISTS** Swim front crawl with clenched fists, **BREAST** Breaststroke, **BACK** Backstroke, **RP** Race pace, **EASY** Swim at an easy intensity, **SINGLE ARM DRILL** Front crawl with one arm. Breathe to the opposite side of the working arm, **IM** Individual medley (Butterfly/Back/Breast/Front crawl)

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 03

WEEK 04

Day	WEEK 03	WEEK 04
Mon	Rest day	
Tue	<p>Type Swim Distance 2.5km WU 200m choice, 100m KICK MAIN Swim with a training partner of similar speed: 4x500m alternating 50m swimming on the front above race pace effort/50m swimming on your partner's feet at race pace speed but below race pace effort Take 60secs RI between 500m efforts WD 200m choice swimming</p>	<p>Type Swim Distance 1.5km Easy steady state swimming up to 1.5km to aid recovery</p>
Wed	<p>Type Run Distance 12km Easy 1 hour steady state running</p>	<p>Type Run Distance 12km Easy 1 hour steady state running</p>
Thur	<p>Type Swim Distance 3km WU 400m swim, 300m PULL, 200m IM, 100m KICK MAIN 100m swim, 200m PULL, 300m swim, 400m PULL, 400m swim, 300m PULL, 200m swim, 100m PULL (+30secs RI with each) WD 200m easy</p>	<p>Type Swim Distance 3km WU 300m swim, 200m BACK, 300m PULL, 200m KICK MAIN 6x300m alternating swim/PULL/IM (no fly); 4x50m swimming as far underwater as possible (with 45sec RI) WD 200m choice</p>
Fri	Rest day	
Sat	<p>Type Bike Distance 60km 2 hours steady state cycling</p>	<p>Type Bike Distance 60km 2 hours steady state cycling</p>
Sun	<p>Type Swim Distance 3km 1x3km (open water) continuous steady state swimming</p>	<p>OPTIONAL Type Swim Distance 1.5km 1.5km (open water) steady state swimming</p>



Triathlon PLUS
YOUR
4-WEEK
PLAN

10 hours per week

LONG DISTANCE

MAKE A 3.8KM OPEN-WATER SWIM NO PROBLEM WITH OUR INTENSE FOUR-WEEK PLAN

FOLD1

TRAINING ZONES

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STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 01

WEEK 02

	WEEK 01	WEEK 02
Mon	Type Swim Distance 4km WU 600m choice swimming MAIN 4x[8x100m + 30secs] Set 1 Open-water start, drift away from the pool edge and get yourself up to speed without a push-off Set 2 Open-water turns, turn short of the pool edge and get yourself up to speed without a push-off Set 3 Sighting, every 4-5 strokes lift head forwards look down the length of the pool Set 4 Dive down, at halfway on each length swim underwater and touch the bottom with both hands before getting back up to speed WD 200m choice	Type Swim Distance 4km WU 300m choice swimming MAIN 12x200m + 30secs RI as [Open-water start/dive down at halfway on each length/open-water turns]. Keep each rep aerobic, but take 3-5 hard strokes after each start/dive/turn to get yourself back up to speed. 10x100m + 30secs RI as [25m build to race pace/50m race pace/25m easy]. If swimming with a training partner, alternate who leads each rep and practise drafting WD 200m choice swimming, 100m KICK
Tue	Type Cycle/Run Distance 30/12km OPTIONAL 1 hour easy cycling or running	Type Cycle/Run Distance 30/12km OPTIONAL 1 hour easy cycling or running
Wed	Type Swim Distance 3km WU 300m choice swimming/200m PULL/200m choice swimming/200m KICK MAIN 4x500m alternating PULL/swim + 30secs RI WD 100m choice swimming	Type Swim Distance 3km WU 8x100m build 1-4-5-8 + 20secs RI MAIN 5x400m + 60secs RI as [100m build to RP/200m at RP/100m easy] Alternates swim/PULL WD 200m easy
Thur	Type Run Distance 12km Easy 1 hour steady state running	Type Run Distance 12km Easy 1 hour steady state running
Fri	Type Swim Distance 3km WU 4x200m as swim/KICK/PULL/swim MAIN 4x6x[25m SINGLE ARM/25m swim] + 20secs RI followed by 200m steady state swimming working on good technique WD 200m choice	Type Swim Distance 3km WU 400m choice swimming/200m PULL/200m KICK MAIN 4x6x[25m rotation drill (30n back, 30n front/25m swim) + 20secs RI followed by 200m steady state swimming WD 200m choice
Sat	Type Cycle Distance 120km 4 hours steady state cycling	Type Cycle Distance 120km 4 hours steady state cycling
Sun	Type Swim Distance 3km 3x1km reps 1st rep - build pace/effort 2nd rep - maintain pace/effort 3rd rep - gradually reduce pace/effort	Type Swim Distance 3km 3x1km reps Alternate between 20 strokes hard /20 strokes easy

WEEK 03

WEEK 04

	WEEK 03	WEEK 04
Mon	Type Swim Distance 4km WU 200m choice, 100m KICK MAIN Swim with a training partner of similar speed: 4x500m alternating 50m swimming on the front above race pace effort/50m swimming on your partner's feet at race pace speed but below race pace effort. Take 60secs RI between 500m efforts 7x200m alternating swim/PULL with open turns: concentrate on putting in 3-5 strong, fast strokes to get yourself back up to speed WD 200m choice, 100m KICK	Type Swim Distance 1.5km Easy steady state swimming up to 1.5km to aid recovery
Tue	Type Cycle/Run Distance 30/12km OPTIONAL 1 hour easy cycling or running	Type Cycle/Run Distance 30/12km OPTIONAL 1 hour easy cycling or running
Wed	Type Swim Distance 3km WU 400m swim, 300m PULL, 200m IM, 100m KICK MAIN 5x400m + 30secs RI, 100m swim, 200m PULL, 300m swim, 400m PULL, 400m swim, 300m PULL, 200m swim, 100m PULL, WD 200m easy	Type Swim Distance 3km WU 300m swim, 200m BACK, 300m PULL, 200m KICK MAIN 6x300m alternating swim/PULL/IM (no fly), 4x50m underwater WD 200m choice
Thur	Type Run Distance 12km Easy 1 hour steady state running	Type Run Distance 12km Easy 1 hour steady state running
Fri	Type Swim Distance 3km WU 300m choice swimming, 200m KICK, 300m PULL, 100m KICK MAIN 4x6x[25m swim with head up/25m swim] + 20secs RI followed by 200m steady state swimming WD 200m choice	Type Swim Distance 3km WU 4x100m swim/2x100m PULL/2x100m KICK MAIN 4x6x[25m underwater drill/25m swim] + 20secs RI followed by 200m steady state swimming WD 200m choice
Sat	Type Cycle Distance 120km 4 hours steady state cycling	Type Cycle Distance 60km 2 hours steady state cycling
Sun	Type Swim Distance 4km 1x4km (open water) continuous steady state swimming	Type Swim Distance 1.5km OPTIONAL 1.5km steady state swimming