

Meet the expert

Doug Hall

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



The plan

BOOST YOUR SWIM

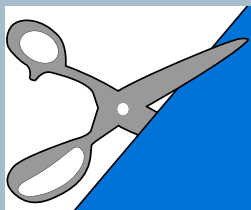
USE THE LONG WINTER HOURS TO MASTER YOUR SWIM AND MAKE A SPLASH NEXT SEASON

OUT OF the three sports, swimming is by far the hardest to master because it's an unnatural environment for humans. If we were meant to swim effortlessly through the wet stuff we'd have webbed toes and slimy skin. So the early phases of winter training, when you are refreshed and eager to improve, provides the best time to master your swimming.

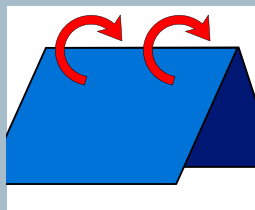
These two plans focus on improving your swimming, but also have enough running and cycling to keep you ticking over. With four swim sessions a week, two based on purely technique (incorporating the drills from the previous page) and two focusing on endurance, strength, or speed, all are aimed at helping you build good fitness both in and out of the pool.

How it works

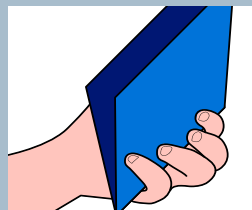
Get your guide ready to go



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

Photos Getty/Corbis Illustrations Phil Nicodemti



THE PLAN 5 HOURS PER WEEK

Triathlon **PLUS**
YOUR
4-WEEK
PLAN



The swim plan

5 HOURS

BOOST YOUR SWIM SPEED, BY SPARING FIVE HOURS OF POOL TIME PER WEEK

TRAINING NOTES

FOLD 2

Blank lines for training notes.

FOR DRILLS SEE THE PREVIOUS PAGE

PLAN KEY: FC front crawl IM individual medley (butterfly followed by backstroke, breaststroke and frontcrawl) RP race pace Kick kick on front holding a float in front of you Pull swim with pull buoy between legs

FOLD 1

	WEEK 01	WEEK 02
Mon	Type Swim Distance 2km Instructions Drills W/U 4x200m as swim/kick/pull/swim M/S 2x(6x25m body position drill/25m swim) + 20secs rest followed by 200m steady state swimming working on good technique W/D 200m choice swimming	Type Swim Distance 2k Instructions Drill W/U 400m choice swim/200m pull/200m kick M/S 2x(6x50m as 25m rotation drill/25m swim + 20secs rest followed by 200m steady state swim working on technique) W/D 200m choice swimming
Tue	Type Bike/Run Time 45 mins Instructions Optional 45mins easy either cycling or running	Type Bike/run Time 45 mins Instructions Optional 45mins easy either cycling or running
Wed	Type Swim Distance 3k Instructions Endurance W/U 300m choice swimming/200m pull/200m choice swimming/200m kick M/S 4x500m alternating pull/swim + 30secs rest W/D 100m choice swimming	Type Swim Distance 3k Instructions Endurance W/U 8x100m build 1-4-5-8 + 20secs rest M/S 5x400m + 60secs rest as [100m build to RP/200m at RP/100m easy] Alternate swim/pull W/D 200m easy
Thur	Type Run Time 1 hour Instructions Easy 1 hour steady state running	Type Run Time 1 hour Instructions Easy 1 hour steady state running
Fri	Type Swim Distance 2k Instructions Drill W/U 4x200m as swim/kick/pull/swim M/S 2x(6x25m body position drill/25m swim) + 20secs rest followed by 200m steady state swimming working on good technique W/D 200m choice swimming	Type Swim Distance 2k Instructions Drill W/U 400m choice swim/200m pull/200m kick M/S 2x(6x50m as 25m rotation drill/25m swim + 20secs rest followed by 200m steady state swim working on technique) W/D 200m choice swimming
Sat	Type Bike Time 2 hours Instructions Endurance 2hours steady state cycling	Type Bike Time 2 hours Instructions Endurance 2hours steady state cycling
Sun	Type Swim Distance 3k Instructions Strength W/U 8x100m building pace each rep M/S 2x400m swim/300m pull/200m kick/100m swim W/D 200m choice swimming	Type Swim Distance 3k Instructions Intervals W/U 600m choice, 4x50m (build 1-4 off 60/70/80% effort) M/S 2x25m hard/25m easy + 15secs rest, 50m hard/50m easy + 20secs rest, 75m hard/75m easy + 30secs rest, 100m hard/100m easy + 60secs rest, 75m hard/75m easy + 30secs rest, 50m hard/50m easy + 20secs rest, 25m hard/25m easy + 15secs rest W/D 300m choice

	WEEK 03	WEEK 04
Mon	Type Swim Distance 2k Instructions Drill W/U 300m choice swim, 200m kick, 300m pull, 100m kick M/S 4x(6x25m hand entry drill/25m swim + 20secs rest followed by 200m steady swimming working on technique) W/D 200m choice swim	Type Swim Distance Instructions Drill W/U 4x100m swim/2x100m pull/2x100m kick M/S 2x(6x25m head up drill/25m swim + 20secs rest followed by 200m steady state swimming working on good technique) W/D 200m choice swimming
Tue	Type Bike/run Time 45 mins Instructions Optional 45mins easy either cycling or running	Type Bike/run Time 45 mins Instructions Optional 45mins easy either cycling or running
Wed	Type Swim Distance 3k Instructions Endurance W/U 400m swim, 300m pull, 200m IM, 100m kick M/S (+ 30secs rest) 100m swim, 200m pull, 300m swim, 400m pull, 400m swim, 300m pull, 200m swim, 100m pull W/D 200m easy	Type Swim Distance 3k Instructions Endurance W/U 300m swim, 200m bk, 300m pull, 200m kick M/S 6x300m alternating swim/pull/IM (no fly) 4x50m underwater W/D 200m choice
Thur	Type Run Time 1 hour Instructions Easy 1 hour steady state running	Type Run Time 1 hour Instructions Easy 1 hour steady state running
Fri	Type Swim Distance 2k Instructions Drill W/U 300m choice swim, 200m kick, 300m pull, 100m kick M/S 4x(6x25m hand entry drill/25m swim + 20secs rest followed by 200m steady swim working on good technique) W/D 200m choice swimming	Type Swim Distance 2k Instructions Drill W/U 4x100m swim/2x100m pull/2x100m kick M/S 2x(6x25m head up drill/25m swim + 20secs rest followed by 200m steady state swimming working on good technique) W/D 200m choice swimming
Sat	Type Bike Time 2 hours Instructions Endurance 2hours steady state cycling	Type Bike Time 2 hours Instructions Endurance 2hours steady state cycling
Sun	Type Swim Distance 3k Instructions Strength W/U 3x300m as swim, kick, pull M/S 12x150m + 30secs rest as 100m FC/50m IM order W/D 200m easy	Type Swim Distance 3k Instructions Intervals W/U 300m swim, 100m kick, 200m pull, 100m drill, 6x50m (build 1-4, hold 5+6 + 10secs) M/S 10x50m as 25m hard/25m easy + 15secs rest, 8x50m as 35m hard/15m easy + 15secs rest 6x50m hard + 20secs rest W/D 400m choice

TRAININGZONE



Triathlon PLUS
YOUR
4-WEEK
PLAN

The swim plan

6-7 HOURS

GET SERIOUS ABOUT YOUR SWIMMING, WITH SEVEN HOURS OF POOL TIME PER WEEK

TRAINING NOTES

FOLD2

Blank area for training notes.

FOR DRILLS SEE TRAINING ZONE SWIM

PLAN KEY: FC front crawl IM individual medley (butterfly, followed by backstroke, breaststroke and front crawl) RP race pace Kick kick on front holding float in front of you Pull swim with pull buoy between legs

FOLD1

	WEEK 01	WEEK 02	WEEK 03	WEEK 04
Mon	Type Swim Distance 3k Instructions Drill W/U 4x200m as swim/kick/pull/swim M/S 4x(6x25m body position drill/25m swim + 20secs rest followed by 200m steady state swimming working on good technique) W/D 200m choice swimming	Type Swim Distance 3k Instructions Drill W/U 400m choice swimming/200m pull/200m kick M/S 4x(6x25m rotation drill/25m swim + 20secs rest followed by 200m steady swim working on good technique) W/D 200m choice swim	Type Swim Distance 3k Instructions Drill W/U 300m choice swim, 200m kick, 300m pull, 100m kick M/S 4x(6x25m hand entry pull/25m swim + 20secs rest followed by 200m steady state swim W/D 200m choice swimming	Type Swim Distance 3k Instructions Drill W/U 4x100m swim/2x100m pull/2x100m kick M/S 4x6x(25m head up drill/25m swim) + 20secs rest followed by 200m steady state swimming working on good technique W/D 200m choice swim
Tue	Type Run/run Time 1 hour Instructions Optional 1 hour easy either cycling or running	Type Bike/run Time 1 hour Instructions Optional 1 hour easy either cycling or running	Type Bike/run Time 1 hour Instructions Optional 1 hour easy either cycling or running	Type Bike/run Time 1 hour Instructions Optional 1 hour easy either cycling or running
Wed	Type Run Distance 3k Instructions Endurance W/U 300m choice swimming/200m pull/200m choice swimming/200m kick M/S 4x500m alternating pull/swim + 30secs rest W/D 100m choice swimming	Type Swim Distance 3k Instructions Endurance W/U 8x100m build 1-4, 5-8 + 20secs rest M/S 5x400m + 60secs rest as [100m build to RP/200m at RP/100m easy] Alternate swim/pull W/D 200m easy	Type Swim Distance 3k Instructions Endurance W/U 400m swim, 300m pull, 200m IM, 100m kick M/S + 30secs rest 100m swim, 200m pull, 300m swim, 400m pull, 400m swim, 300m pull, 200m swim, 100m pull W/D 200m easy	Type Swim Distance 3k Instructions Endurance W/U 300m swim, 200m backstroke, 300m pull, 200m kick M/S 6x300m alternating swim/pull/IM (no fly)/4x50m underwater W/D 200m choice
Thur	Type Run Time 1 hour Instructions Easy 1 hour steady-state running	Type Run Time 1 hour Instructions Easy 1 hour steady state running	Type Run Time 1 hour Instructions Easy 1 hour steady-state running.	Type Run Time 1 hour Instructions Easy 1 hour steady state running
Fri	Type Swim Distance 3k Instructions Drill W/U 4x200m as swim/kick/pull/swim M/S 4x(6x25m body position drill/25m swim + 20secs rest, then 200m steady state swimming working on good technique) W/D 200m choice swimming	Type Swim Distance 60k Instructions Drill W/U 400m choice swim/200m pull/200m kick M/S 4x(6x25m rotation drill/25m swim + 20secs rest followed by 200m steady state swimming working on good technique) W/D 200m choice swimming	Type Swim Distance 3k Instructions Drill W/U 300m choice swim, 200m kick, 300m pull, 100m kick M/S 4x(6x25m hand entry drill/25m swim + 20secs rest followed by 200m steady swim working on technique) W/D 200m choice swimming	Type Swim Distance 3k Instructions Drill W/U 4x100m swim/2x100m pull/2x100m kick M/S 4x(6x25m head up drill/25m swim + 20secs rest followed by 200m steady state swimming working on good technique) W/D 200m choice swimming
Sat	Type Bike Time 2 hours Instructions Endurance 2 hours steady-state cycling	Type Bike Time 2 hours Instructions Endurance 2 hours steady state cycling	Type Bike Time 2 hours Instructions Endurance 2 hours steady state cycling	Type Cycle Time 2 hours Instructions Endurance 2 hours steady state cycling
Sun	Type Swim Distance 3k Instructions Strength W/U 8x100m building pace each rep M/S 2x400m swim, 300m pull, 200m kick, 100m swim W/D 200m choice swimming	Type Swim Distance 3k Instructions Intervals W/U 600m choice, 4x50m build 1-4 off 60/70/80 M/S 2x(25m hard/25m easy + 15secs rest, 50m hard/50m easy + 20secs rest 75m hard/75m easy + 30secs rest 100m hard/100m easy + 60secs rest, 75m hard/75m easy + 30secs rest/50m hard/50m easy + 20secs rest, 25m hard/25m easy + 15secs rest) W/D 300m choice	Type Swim Distance 2,900m Instructions Strength W/U 3x300m as swim, kick, pull M/S 12x150m + 30secs rest as 100m fc/50m IM order W/D 200m easy	Type Swim Distance 3k Instructions Intervals W/U 300m swim, 100m kick, 200m pull, 100m drill Build; 6x50m build 1-4 hold 5+6 + 10secs M/S 10x50m as 25m hard/25m easy + 10secs rest 8x50m as 35m hard/15m easy + 15secs rest 6x50m hard + 20secs rest W/D 400m choice