








# IN AT THE DEEP END



**2.2KM CHALLENGE**

MONTHS BEFORE	WARM UP	MAIN SET	COOL DOWN	DURATION (EST), DISTANCE, REPETITION	NOTES
<p>8-10 months before try to incorporate this session 1-2 times a week.</p> <p><b>Laying down the fundamentals and kick start the training.</b></p>	<p>2x 150m swim as 50 freestyle 50 backstroke or breaststroke 50 freestyle 30 seconds rest</p>	<p>4 x 50m freestyle swim (back line) 20 seconds rest</p> <p>5 x 200m Swim (hip driven rotation) 30 seconds rest</p>	<p>4 x 50m swim (25m with strong kick, 25m moderate) 20 seconds rest</p>	<p> 1,700m</p> <p> 40-minute</p> <p> 2 x this week</p>	<p></p> <p><b>Back Line Drill</b> Being able to swim in a straight line is essential in open water. If you can get a lane to yourself, practice swimming in the middle of the lane keeping the black line you often find at the bottom of the pool directly beneath you. You need to practice pushing water to the back of the pool and moving forward in a straight line, rather than snaking.</p> <p><b>Focus: Hip Driven Rotation Freestyle</b> Swimming freestyle but with dramatically increased rotation generated from the hips, rather than just lifting your head to breathe.</p>
<p>6-8 months before try to incorporate this session 1-2 times a week.</p> <p><b>Start to put together some longer more challenging sets to improve swimming endurance.</b></p>	<p>2 x 150m continuous swim 45 seconds rest 4 x 50m swim with a float (if there is one available)</p>	<p>4 x 25m 2 x 50m (every couple of strokes) 20 seconds rest</p> <p>2 Sets: 1 x 200m Swim 30 seconds rest 3 x 100m Swim (sight once or twice every 100m) 15 seconds rest</p>	<p>3 x 50m backstroke 3 x 50m breaststroke 20 seconds rest</p>	<p> 2,000m</p> <p> 55-minute</p> <p> 2 x this week</p>	<p><b>Focus: Sighting</b> In open water, you need to make sure you can sight. You won't be able to see the bottom of the lake, so you need to pick a point in the horizon – something clear and obvious that isn't going to move. Swim front crawl, instead of turning your head to the side to breath, lift your head up, take a breath, sight, then continue turning your head to side until it's back in the water. Start by repeating lifting your head to sight like this every couple of strokes.</p>

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<p>4-6 months before try to incorporate this session 1-2 times a week.</p> <p><b>Sets and sessions should be feeling easier in the water now.</b></p>	<p>3 x 100m 30 seconds rest 4 x 50m (25m kicking, no arms, 25m swim) 20 seconds rest</p>	<p>4 x 50m freestyle swimming (25m single arm, 25m freestyle) 20 seconds rest</p> <p>2 sets: 4 x 150m swim 30 seconds rest 1 x 50m swim 15 seconds rest</p>	2 x 50m backstroke	<p> 2,100m</p> <p> 50-minute</p> <p> 2 x this week</p>	<p><b>Focus: Single arm</b> Keep one arm out in front for balance and pull with the other. You could try keeping the arm that is not being used down by your side as confidence builds. The aim is to make sure that your hand enters in line with your shoulders and pulls under the body without crossing the centre line.</p>
<p>5 months before try to incorporate this session 2 times a week.</p> <p><b>Swimming at a higher intensity, with a reduced volume of swimming.</b></p>	<p>2 x 100m swim 20 seconds rest</p>	<p>4 x 25m head-up freestyle (alternate three strokes with your head up and three strokes with head down) 30 seconds rest</p> <p>12 x 50m (aim to swim 70-75 seconds per 50m) 15 seconds rest 2 x 100m moderate swim 60 seconds rest 6 x 50m (aim to swim 65-70 seconds per 50m) 15 seconds rest 2 x 100m moderate swim 30 seconds rest</p>	4 x 50m kicking with float (if you have access to one)	<p> 1,800m</p> <p> 50-minute</p> <p> 2x this week</p>	<p><b>Focus: Head-up freestyle</b> Keep your chin on the surface of the water and swim full stroke front crawl.</p>

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<p>4 months before try to incorporate this session 2 times a week.</p> <p><b>Back to building endurance, lengthening the total swimming session and increasing the intensity.</b></p>	<p>3 x 100m Swim 45 seconds rest 3 x 100m swim (final 50m faster) 30 seconds rest 4 x 50m Swim with float 30 seconds rest</p>	<p>6 x 50m Swim with fists 20 seconds rest</p> <p>7 x 100m Swim (start slow and build pace every 25m) 30 seconds rest</p>	<p>6 x 50m Breaststroke 20 seconds rest</p>	<p> 2,100m</p> <p> 50-minute</p> <p> 2 x this week</p>	<p><b>Focus: Swim with fists</b> Using the forearms (not just the hands). Swim full stroke freestyle with your hands balled in to fists. Keep your forearms pointed down toward the bottom of the pool and angle elbows out to the sides.</p>	
<p>3 months before try to incorporate this session 2 times a week.</p> <p><b>Developing fitness in the water and further increasing the endurance phase.</b></p>	<p>4 x 150m Swim 30 seconds rest 8 x 50m swim (25m kicking with no arms) 20 seconds rest</p>	<p>4 x 25m Swim single leg free kicking 10 seconds rest 2 x 50m Swim single leg free kicking 10 seconds rest</p> <p>2 Sets: 2 x 150m Swim (aim for 4-minutes) 30 seconds rest 2 x 50m Swim high intensity 15 seconds rest</p>	<p>2 x 50m Backstroke</p>	<p> 2,100m</p> <p> 55-minute</p> <p> 2 x this week</p>	<p><b>Focus: Single leg free kicking</b> Kick with the left leg for 6, then kick with both legs for 6, then the right leg for 6 and back to both. Kick from the hips not from the knee. If you're kicking from the hips the upper body will remain stable. Focusing on one leg at a time and improve the weak leg will improve overall efficiency in the water.</p>	

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MONTHS BEFORE	WARM UP	MAIN SET	COOL DOWN	DURATION (EST), DISTANCE, REPETITION	NOTES	
<p>6-8 weeks before try to incorporate this session 2 times a week.</p> <p><b>Two weeks of super endurance, go big!</b></p>	4 x 150m Swim 30 seconds rest	<p>4 x 50m Swim (25m kicking, 25m swim) 20 seconds rest</p> <p>5 x 100m Swim Strong (push the boundaries) 15 seconds rest</p> <p>5 x 200m Swim Strong (push the boundaries) 30 seconds rest</p>	4 x 50m moderate swim	<p> 2,500m</p> <p> 90-minute</p> <p> 2x this week</p>	<p><b>Focus: Swim Strong</b> Do this to a challenging level but not too challenging it becomes uncomfortable.</p>	
<p>5 weeks before try to incorporate this session 2-3 times a week.</p> <p><b>Off the back of endurance week, it's time to give the body a little recovery.</b></p>	4 x 50m swim 20 seconds rest	<p>6 x 50m Swim Straight arm recovery 10 seconds rest</p> <p>6 x 50m Swim with normal technique 10 seconds rest</p> <p>8 x 50m Swim (aim to swim 70-75 seconds) 15 seconds rest</p> <p>2 x 100m moderate Swim 60 seconds rest</p> <p>4 x 100m Swim (aim to swim faster) 30 seconds rest</p> <p>2 x 50m Moderate Swim 30 seconds rest</p>	2 x 100m Swim (with float if accessible)	<p> 1,500m</p> <p> 40-minute</p> <p> 2-3 x this week</p>	<p><b>Focus: Straight arm recovery</b> Finish the last part of your stroke and accelerate your hand out of the water, straighten your arms through the recovery phase of the stroke so your hand enters the water further away from your head. The aim is to stretch and increase muscle length.</p>	

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WEEK	WARM UP	MAIN SET	COOL DOWN	DURATION (EST), DISTANCE, REPETITION	NOTES	
<p>2-4 weeks before try to incorporate this session 2-3 times a week.</p> <p><b>You've done the hard work and have many kilometres of practice behind you!</b></p>	3 x 100m Swim 30 seconds rest	<p>4 x 50m Swim of your choice 20 seconds rest (every 3 or 5 strokes)</p> <p>2 x 50m Swim 20 seconds rest 1 x 100m Swim 30 seconds rest 2 x 200m Swim 40 seconds rest 1 x 300m Swim 40 seconds rest</p>	2 x 50m backstroke 20 seconds rest	<p> 1,500m</p> <p> 40-minute</p> <p> 2-3 x this week</p>	<b>Focus: Bilateral Breathing (BB)</b> breathing one side of your body and then the other in a tempo set out by a number of strokes.	
1-2 weeks before try to incorporate a couple of these sessions.	3 x 100m Swim with strong legs for last 25m 20 seconds rest	<p>4 x 50m Swim (Stop and go) 5 seconds rest (stop to adjust any equipment and then go again straight away)</p> <p>40 lengths (25m pool) or 20 lengths (50m pool) at event pace.</p>	2 x 50m freestyle swim	<p> 1,200m</p> <p> 30-minute</p> <p> 1-2x this week</p>		