

# GET SPEEDO FIT

YOU HAVE THE WILL. WE HAVE THE WAY.

IN ASSOCIATION WITH

Men'sHealth® Women'sHealth RUNNER'S WORLD®

## YOUR SIX-WEEK SWIM PLAN

If you've downloaded this programme, then you're already on your way toward joining in the ultimate summer challenge, discovering new levels of fitness and redesigning your body. From today, it's just you against the pool. Follow this plan to the letter, or simply dip in and out; how you use this programme is up to you. But, as with any challenge, what you put in determines what you get out. Goggles at the ready; we'll see you in the deep end.

### A WORD FROM SPEEDO SWIM COACH DAN BULLOCK

"Attempt this six week fitness plan of nine sessions. 3-4 swims per week would be a great balance and will help you to continue improving your technique. Try two of these fitness swims on alternate weeks, and attempt to do nine in total."

#### KEY:

L = LENGTHS  
FC = FRONT CRAWL  
M = METRES

### WEEK 1 (ONE SESSION)

Coach says: Aim for similar times consistently throughout. Similar breathing patterns, stroke counts all suggest technique is improving. Rest at the beginning of your training session might seem indulgent, but later on, you will be begging for more!

**BEGINNERS:** 8-12 sets of two lengths, front crawl (FC), strong effort with a generous 1 min rest period to allow a decent recovery

**INTERMEDIATE:** 12-16 sets of two lengths, front crawl (FC), rest 1 min.

### WEEK 2 (TWO SESSIONS)

#### SESSION 1: FITNESS TEST

Coach says: Undertake this test to understand your starting fitness, then repeat it in week six to see your progress. Be sure to record your distances.

**ALL LEVELS:** Swim as many lengths as you can in 3 mins. Start steady then build up. Aim to double the amount of lengths by week six. Remember to push yourself. If it was easy, everyone would do it!

#### SESSION 2: TIME TRIAL

Coach says: Time based swimming allows swimmers to choose their distances. Swimmers usually work harder, swim further when they are allowed to decide how far.

**THE TRIAL:** 12x 2 mins of FC swimming and resting. Aim to mix distances (1 – 3 lengths) to change the amount of rest you receive. The good thing about this set is that you know exactly how long it will take.

**BEGINNERS:** Aim for 600m (25M POOL)

**INTERMEDIATE:** Aim for 900m (25M POOL)



## WEEK 3 (ONE SESSION)

Coach says: Be consistent! Start slow and steadily build on your distance. The lack of rest makes this hard work.

You do not have to try harder, just avoid getting slower. Which is tough.

### THE CHALLENGE:

2L FC at a steady effort, rest 15 x secs

4L FC at a steady effort, rest 15 x secs

6L FC at a steady effort, rest 15 x secs

8L FC at a steady effort, rest 15 x secs

### BEGINNERS' AIM

Continue through to 12L  
INTERMEDIATE AIM

## WEEK 5 (ONE SESSION)

Coach says: This is a modified bleep test, great for fitness and gauging progress. As technique and fitness improve, you should be pushing yourself further and making your intervals more challenging. Missed an interval? Just swim the single lengths as a continuous 100m.

### ROUND 1: REST FOR 60 SECS AFTER EACH 4x1L CONCLUDES

4x1L interval of 50(secs)

4x1L interval of 45

4x1L interval of 40

4x1L interval of 35

### ROUND 2: REST FOR 45 SECS AFTER EACH 4x1L CONCLUDES

4x1L interval of 45

4x1L interval of 40

4x1L interval of 35

4x1L interval of 30

### ROUND 3: REST FOR 30 SECS AFTER EACH 4x1L CONCLUDES

4x1L interval of 40

4x1L interval of 35

4x1L interval of 30

4x1L interval of 25

UP TO (depending on repeats  
achieved) 800-1200m

## WEEK 4 (TWO SESSIONS)

### SESSION 1: TIME TRIAL

Coach says: A time-based session where swimmers attempt to keep a consistent pace. If you swim four lengths on the 2 min swim then aim for eight lengths on the 4 min swim.

1 min swim steady paced FC, rest 1 min, swim for 2 min, rest for 1 min, swim for 3 min, rest for 1 min, swim for 4 min, rest 1 min, swim for 3 min, rest 1 min, swim for 2 min, 1 min rest, swim for 1 min (22 min of swimming and resting).

### ALL LEVELS:

Aim to add up total number of lengths swum and beat this next cycle.

### SESSION 2: LEG WORKOUT

Coach says: Working your legs is great for fitness as the large muscle groups need more air and

energy. This mix of FC swimming and legs only will be really taxing. Kicking with a board, ideally face down to keep a safe position of your head and spine alignment. When using a snorkel, don't use a board. Swim with your arms by your side or outstretched in front.

### BEGINNERS START HERE

300m FC (12L) steady pace. On every 3rd length, hard kick with a board.

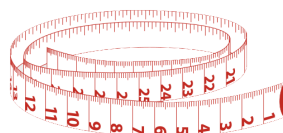
200m FC (8L) steady pace. On every 2nd length, hard kick no board

100m FC (4L) hard kick with fins and board.

### INTERMEDIATE START HERE

500m FC (20L) steady pace. On every 5th length, hard kick with a board.

400m FC (16L) steady pace. On every 4th length hard kick no board.





# WEEK 6 (TWO SESSIONS)

## **SESSION 1: OLYMPIC DISTANCE**

Coach says: The 1500m is the distance performed at the Olympics in the Triathlon and a brilliant distance to build up to. A Sprint is usually 750m so the BEGINNERS' distance follows this option. If your pool is not 25m then either follow the lengths and adjust totals (but aim to be close to the suggested totals) or adjust the number of lengths to get close to distances set.

### **BEGINNERS:**

**750M (25M POOL)**

Start with 5x3L for the sprint distance. rest 30. and continue with 4x3L, rest 20, and finish with 3x1L, rest 10.

### **INTERMEDIATE:**

**1500M (25M POOL)**

Start a stopwatch to record the set duration  
3 x (8L or 200m) steady pace – rest 30(secs)

(including after the 3rd swim) straight into:  
5 x (4L or 100m) strong steady pace – rest 20  
(including after the 5th swim) straight into:  
8 x (2L or 50m) strong steady pace – rest 10.

## **SESSION 2: FINAL TEST**

Coach says: Finally, we return to the week 2 swim test: as many lengths as possible in 6mins. If fitness, swim technique and endurance have improved through a good commitment to the sessions, you should swim further and/or faster.

**BEGINNERS:** A variation on this theme could be to test over 2mins30 and see if the distance is similar/better than the 3min option from week 2.

**INTERMEDIATE:** Attempt to swim as far as possible for 6mins at a faster pace than you did in the Week 2, 3min test.

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**CONGRATULATIONS!**  
YOU HAVE COMPLETED YOUR SIX-WEEK  
CHALLENGE. WHY NOT BRAG ABOUT YOUR  
PROGRESS USING THE HASHTAG #GETSPEEDOFIT

**speedo** 

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