Weeks 3: Building Endurance – 500m Training Plan

Session 1 (Pool)

Training	Distance	Details
Warm-up	200m	Easy swim
Technique Set	4or6or8 x 50m	Alternate 50 Kick on Side, 50 6-1-6. Watch both drills in the drill library Focus on bilateral breathing. This means breathing to both sides. This helps you on the day be able to breathe no matter which way the wind is blowing. Kicking on your side drill really helps with this and 6-1-6 Drill helps you keep long whilst you breathe in instead of letting your lead arm collapse.
Main Set	4/6/8 x 50m	Take enough rest to get your breathe back after each 50. Building the distance you can swim in one go is a great confidence boost. If you feel you can do 100m go for it If you are tiring check you are exhaling and not holding your breathe as you swim. You can use toys if they bring you joy and you know how to use them correctly.
Cool-down	100m	easy swim

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	200m	mixed strokes
Technique Set	4 or 6 x 75m	Focus on sighting. Aim to glance to the end of the pool as you are swimming. Ensure you breathe before you look so you keep your mouth in the water like a crocodile, as opposed to a circus clown. Trying sighting every 3rd, 6th and 9th stroke. Play with sighting before you breathe in and also after you breathe in to see which option works best for you. Watch the sighting video on the jetty swim website. If this is too much for you swap to 6-1-6 or kick on your side with swimming to keep moving and get your breathe back
Main Set	4 or 5 x 100m	Take 15-30 seconds rest. You can use toys if they bring you joy and you know how to use them correctly.
Cool-down	100m	easy swim

Session 3 (open water)

Swim for 20-25 minutes, practicing sighting and maintaining a steady pace. Aim to swim more than you did for the previous weeks. These sessions are about confidence.

Feel how the water holds you when you relax and smile. Keep your breathing steady. Take some time for a star fish float and some hand stands at the end.