

Weeks 4: Building Endurance – 500m Training Plan

Session 1 (Pool)

Training	Distance	Details
Warm-up	200m	Easy swim
Technique Set	4/6/8 or 10/ x 50m	Building on the bilateral breathing concept from last week. Alternate 50 6-1-6, 50 6-3-6. Watch the videos to notice the finer points. It's all about having control of your arms. Wear fins for this and wait to move the arm in front until the arm behind enters the water.
Main Set	3 x 100/150 or 200m	Take 40-60 seconds rest after each swim Building the distance you can swim in one go is a great confidence boost. Remember to check you are exhaling and if you are feeling confident, try breathing every 3 strokes and even every 5. If that's too much aim for every 3 using the mantra bubble, bubble, breathe.
Cool-down	100m	easy swim

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	200m	mixed strokes
Technique Set	4 or 6 x 75m	<p>Alternate 75 practising sighting with 75m swimming 25 easy, 25 medium, 25 quicker.</p> <p>Keep practising your sighting. Aim to glance to the end of the pool as you are swimming. Ensure you breathe in to the side before you look to the front so you keep your mouth in the water like a crocodile, as opposed to a circus clown.</p>
Main Set	3 or 4 x 150m	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.