

Build Technique, Speed and Endurance...

TRIATHLON SWIM TRAINING PLAN



12
WEEKS

Half Ironman & Ironman Distance



TriSwimCoach.com

Triathlon Swim Training Plan

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HALF IRONMAN DISTANCE SWIM TRAINING PLAN

Week 1

DAY 1

WARM UP

300 Free

DRILL/MAIN

200 Free

1) Kick/Swim by 25's. Swim with fists only.

25+50+75+100 Free

100+75+50+25 Free

Count strokes throughout. Just note **stroke count** and Find your **strokes per length** range.

Rest= 10-15 seconds between swims.

12x50's Free

#1) Count strokes #2-12) Try to hit the # of strokes you got in #1 on each 50.

Rest: 10-15 seconds between 50's

WARM DOWN

100 Back/Free by 25's. Free breath every 3 strokes.

TOTAL

1700

DAY 2

WARM UP

300 Free, breathe every 3 strokes

DRILL/MAIN

6x75's Free

6K/Finger Tip Drag/DPS

Rest = :15 btw 75's

25+50+75+100

100+75+50+25

All Free

Count strokes, first 25 is benchmark. Remember that number and try to hit that number or lower on each length. Notice how changes to your stroke affects spl.

Rest = :15 between swims

8x75's Free

#1) Count strokes

#2-8) Do not go over the # of strokes you got on #1

Rest 10-15 seconds between 75's

5x100's Free

#1,2 & 4,5) Cruise

#3) Count strokes. Try to keep your strokes per length in the lower range.

WARM DOWN

150 Free, breathe only on your weaker side on odd lengths

TOTAL

2500

DAY 3

WARM UP

300 alternating Back/Free by 25's

DRILL

7x100's

Odds: 25 **Fist Drill**/25 Free

Evens: 4 strokes Back/4 strokes Free by 25's Rest :15
between each 100

MAIN: 2x(3x50's kick + 3x100's Free/Back by 25 + 3x75
Free Count strokes-1)

WARM DOWN

6x50's **Free Golf** on Rest= :20

TOTAL

2625

Week 2

DAY 1

WARM UP

500 Free

DRILL

12x50's

Odds: **Shark Fin Drill**

Evens: **Distance Per Stroke**

Rest= :15

6x100's Free

#1) Count strokes

#2-6) Keep stroke count the same or lower

Rest= :20

MAIN: 400+300+200+100 on **Cruise** interval

Count strokes on 300 and 200 and keep stroke count low

WARM DOWN

150 Breathe every 3 strokes

TOTAL

2850

DAY 2

WARM UP

2x200's

#1) Free

#2) Breast/Free by 25

DRILL

10x50's 3/4 Catchup Drill. Rest= :15

4x200's

#1) Count strokes

#2-4) Keep the same stroke count or lower. Count by 25's and average OR count for the entire 200

MAIN:

2x(4x100+4x50)

100's: Cruise

50's: Count strokes-1 (per 50)

WARM DOWN

200 Breathe every 3 strokes

TOTAL

3100

DAY 3

WARM UP

8x75's

Odds

Breathe every 3-5-3 strokes by 25's. Rest= :15

Evens: Non-Free, your choice

DRILL

8x50's **Choice** Rest= :15

800 Free, count strokes on 1st 100, maintain stroke count throughout 800

MAIN

2x(300 Free + 3x100 Non-free)

300's: Moderate

100's: Fast, on cruise +:15

WARM DOWN

200 Easy

TOTAL

3200

Week 3

DAY 1

WARM UP

500 Free, every 4th length Kick

DRILL

400 Free, alternate 25 **Fist**/25 Free Swim

4x50's Free Golf Rest= :20

MAIN

3x(4x100)

Set #1) Descend 1-4 on Cruise + :10,

Set #2) Count strokes-1 @ Rest= :30,

Set #3 Descend 1-4 on Cruise - :05

BREATH CONTROL (HYPOXIC TRAINING)

400 Free breathe every 3-5-5-3 strokes by 100

5x50's, limit # of breaths to 6, 5, 4, 3, 2 by 50

WARM DOWN

200 Easy, long strokes

TOTAL

3450

DAY 2

WARM UP

500, every 4th length backstroke

DRILL: 6X125'S

done as 50K/50 6 kicks per stroke/25 Swim Distance Per Stroke

Odds: Free

Evens: Back

MAIN: 3X(300 + 4X50'S)

300's

Moderate, Rest= :30

50's: on Cruise interval

KICK/SWIM

10x50's Kick/Swim @ :55-1:10 OR Rest= :10

Alternate Free/Back by 50's

WARM DOWN

5x50's Start at 80%, decrease effort by 20% each 50

TOTAL

3500

DAY 3

WARM UP

5x100's on Cruise +:15 BUILD

DRILL

16x50's

#1) Count strokes

#2-16) Keep stroke count the same or lower as #1

Rest= :15

MAIN

2x(2x150 + 4x100)

Keep all swims at Max HR or lower.

Rest= :20 for the 150's, :15 for the 100's

BREATH CONTROL

3x200's

1,2) Breathe every 3-5-7-3 strokes by 50

3) Count strokes-2 by 50

WARM DOWN

250 Breathe on weak side only on odd lengths

TOTAL

3550

Week 4

(recovery week)

DAY 1

WARM UP

500 Choice

DRILL

8x100's Count strokes-1 per 25

Rest= :20

MAIN

3x400's Free **Descend** 1-3. Keep stroke count consistent.

Rest= :45

WARM DOWN

200 Breathe weak side only on odd lengths

TOTAL

2700

DAY 2

WARM UP

200 Kick/Swim by 25's + 400 Free

DRILL: 25+50+75+100+100+75+50+25

Count strokes, pay attention to technique.

Are you looking at the bottom of the pool with just a little of the back of your head out of the water? Is your stroke LONG in the water, and are you getting distance out of each stroke? Are your hips rotating?

Rest= :15 btw swims 4x(5x25) Start with lowest stroke count in previous set, add 1 stroke per 25 within set. Then go back down and repeat.

MAIN

4x200

1,2) Count strokes, moderate pace

3,4) Distance Per Stroke, hard

Rest= :45

WARM DOWN:

200 breathe 3-5-5-3 strokes by 50

Rest= :30

TOTAL

2600

DAY 3

WARM UP

600 Free, every 3rd length Kick on your side

DRILL

6x75's

ODDS: 50 FIST, 25 FREE

Evens: Count strokes-1 per 25

Rest= :15

MAIN

15x100's on Cruise

WARM DOWN

200, Breathe weak side on odd lengths

TOTAL

2750

DAY 4

LONG DISTANCE SWIM 2100 YARDS OR 1950 METERS

Pay attention to SC and technique

Do not worry about speed

Week 5

DAY 1

WARM UP

500, every 4th length non-free

DRILL

10x50's Drill/Swim by 25.

ODDS: FIST

Evens: 6K/Stroke Rest= :15

5x150

#1) **Count strokes**

#2-5) Keep stroke count the same or lower than #1

Rest= :30

MAIN

3x300's Descend 1-3 on cruise +:05

WARM DOWN

6x50's Ascend Rest= :20

TOTAL

2950

DAY 2

WARM UP

2x(200+4x25's)

Round 1) Free

Round 2) Back (or back/free)

KICK

10x50's 2 of each stroke (fly, back, breast, 4 free)

Odds: Easy

Evens: Fast

MAIN

3x(4x100+1x50)

100's: Set #1) on cruise

Set #2) Count strokes-1 Rest= :30

Set #3) on cruise.

50's: All easy on 1:00 or :25 rest

BREATH CONTROL

400 Free, breathe every 3-5-7-3 strokes by 100

SPRINT

10x25's Easy/Fast by 25 on :35

WARM DOWN

200 Easy

TOTAL

3300

DAY 3

WARM UP

500 Free every 4th lap count strokes

DRILL

8x100's

Odds: Finger Tip Drag Drill/Free by 25's.

EVENS: FIST/FREE

Rest= :20

MAIN

3x(2x200 + 4x50)

200's: on cruise

50's: cruise + :05, descend

Rest :30 between sets

STROKE COUNT

8x50's Free Golf on 1:00-1:15

WARM DOWN

300 Breathe every 3 or 5 strokes

TOTAL

3900

Week 6

DAY 1

WARM UP

6x100's

#1,2) cruise + :20

#3,4) cruise +:15

#5,6) cruise +:10

DRILL

10x75's Kick/Drill/Swim by 25's.

Drill= high elbow Free.

Rest= :15

MAIN

1x50 on 1:00 + 1x50 on Cruise

1x50 on 1:00 + 2x50's on Cruise

1x50 on 1:00 + 3x50's on Cruise

1x50 on 1:00 + 4x50's on Cruise

1x50 on 1:00 + 4x50's on Cruise +:05

1x50 on 1:00 + 3x50's on Cruise +:05

1x50 on 1:00 + 2x50's on Cruise +:05

1x50 on 1:00 + 1x50 on Cruise +:05

50's on 1:00-1:15: count strokes, **Distance Per Stroke**

50's on interval: Hard, Free on the way up, strokes on the way down

500 Free Breathe every 3-5-7-5-3 strokes by 100

WARM DOWN

200 Back/Free by 25

TOTAL

3450

DAY 2

WARM UP

400 (50 Free, 50 Back, 50 Breast, 50 Free, repeat)

6x50's Back/Free, Breast/Free, Free, repeat

MAIN

3x100's Free, Moderate pace on cruise +:10

6x50's Kick, Choice, **Descend** 1-3, 4-6 @:10 rest

3x100's Free on cruise +:05

Half Ironman and Ironman Distance

4x75's Back/Breast/Free by 25. Rest= :15

3x100's Free on Cruise

3x100's Non-Free or I.M. on Cruise + :20

DRILL

8x50's Free Golf

WARM DOWN

300 Free, Breathe every 3-5-3 strokes by 100

TOTAL

3200

DAY 3

WARM UP

400 Choice

DRILL

6x50's Fist

6x75's 25 3/4 **Catchup**, 50 Distance Per Stroke

6x25's Descend 1-3, 4-6

Rest= Your Choice

MAIN:

1x175 1x225

1x175 2x225

1x175 3x225

175's: Moderate, 1:00 rest. Count Strokes, keep consistent

225's: on 200 Cruise pace +:20

BREATH CONTROL

5x100's breathe every 3-5-3-7 by 25.

Rest= :20

WARM DOWN

200 Back/Free

TOTAL

3550

Week 7

DAY 1

WARM UP: 400 CHOICE

DRILL

8x50's

Odds: 25K/25 Free Drill (your choice)

Evens: 25 Drill/25 Build

4x(4x25's) Fly, back, breast, free by set of 25's. 1 Easy, 2 Moderate, 1 Hard. Rest= :10

MAIN

3x(1x300, 1x100)

300's: I.M. (3 lengths each stroke) Rest= :30

100's: #1) Kick. Rest= :10

#2) Free, hard. Rest= :30

WARM DOWN

300 Free

TOTAL

3000

DAY 2

WARM UP

3x200's

#1) Kick/Swim

#2) Swim, **build**

#3) **Count strokes**-1 per 50

DRILL

2x300's Free, Count strokes by 50. Decrease stroke count on 2nd 300

MAIN

3x(5x100)

Set #1) cruise +:10

#2) cruise +:05

#3) cruise

200 Easy Swim

6x125's Free

100 Fist, 25 Swim.

Rest= :25

WARM DOWN

200 Easy

TOTAL

3850

DAY 3

WARM UP

600, Every 4th length non-free

12-minute swim, focus on different aspect of your stroke every 6 lengths.

5x(4x25's) on Cruise -:05

Descend 1-4 within set

Descend stroke count 1-4 within set

WARM DOWN

300, every 3rd length non-free

DAY 4

LONG DISTANCE SWIM 2100 YARDS OR 1950 METERS

Try adding some speed this time while you pay attention to technique!

Week 8

BEGIN SPEED

DAY 1

WARM UP

400 Easy

16x50's: #1-4) **Descend stoke count**

#5-8) **Descend** time

#9-16) **Free Golf**, Rest= :15-:20

400 Breathe every 3-5-7 strokes by 100

16x25's on :35-:40

Easy/Build/Easy/Fast by 25

WARM DOWN

300 Back/Free

TOTAL

2300

DAY 2

WARM UP

5x100's on Cruise +:20 Choice

DRILL

8x75's

Odds: 6K/FT Drag/Swim

Evens: 6K/Fist/Swim

MAIN

1x50 1x100

1x50 1x200

1x50 1x300

1x50 1x400

1x50 1x500

1x50 1x600

50's: All hard, on cruise +:20

Long swims: moderate on cruise +:10

Count strokes every 4 lengths

BONUS: 3X200'S:

#1) Breathe on weaker side only

#2) Count strokes-2 per 50

#3) Breathe every 3-5-7-3 strokes by 50

WARM DOWN

300 Ascend throughout (start out at 80% and drop down effort)

TOTAL

4400

DAY 3

WARM UP

500 Back/Free alternate by 25

DRILL

6x125's, 50K/50 4 strokes Back, 4 strokes Free/25 Free

MAIN

5x400's

#1) 400 Straight

#2) 2x200's on cruise + :05

#3) 4x100's on cruise

#4) 8x50's Rest=:15

#5) Straight, moderate pace

STROKE COUNT

25+50+75+100+100+75+50+25

Rest=:15-:20 between swims. Go faster on each swim on the way up, slower on the way down. Count strokes and adjust accordingly.

WARM DOWN

200 Back/Free, focus on hip rotation

TOTAL

3950

Week 9

DAY 1

WARM UP

300 Choice

DRILL

8x100's 25 kick/50 Fist/25 Build. Rest= :20

MAIN: 21X100'S

Rest=:20

Focus on 1 aspect of your stroke every 3 100's

WARM DOWN

100 Easy

TOTAL

3300

DAY 2

WARM UP

3x(3x100)

Set #1) Easy, Rest= :15

Set #2) Moderate on Cruise +:15

Set #3) Build on Cruise + :10

DRILL

5x150's: 50 **Kick**/50 **6K per Stroke**/50 Swim

Rest= :15

MAIN

4x(4x50's + 2x150's)

50'S: HARD, ON CRUISE + :20 OR REST= :30

150's: #1) Count strokes

#2) Count strokes-2 Rest= :20

WARM DOWN

6x50's Ascend, keep stroke count consistent

TOTAL

3950

DAY 3

WARM UP

600 Choice

10x50's

Odds: Non-Free, Drill/Swim by 25's

Evens: Free, Drill/Swim by 25's

Rest= :15

8x50's Kick, Descend 1-3, 4-6

Rest= :15

100 Easy Swim

MAIN

3x(4x150)

#1-3) 50 Free breathe every 3 strokes/100 Free

Descend #1-3 on Cruise +:10

#4) 150 Easy, your choice

Rest= :20

BREATH CONTROL

5x50's, limit your breaths to 6, 5, 4, 3, 2 per 50

Rest= :15

WARM DOWN

6x50's Ascend

Rest= :20

TOTAL

3400

Week 10

BEGIN TAPER

DAY 1

WARM UP

400 Choice

DRILL

3x150's. 50 Drill (your choice)/100 Swim

8x50's:

#1,2) Kick, Descend

#3,4) Swim, Descend stroke count

#5-8) Swim, Descend time

MAIN

(lots of speed changes in this distance freestyle set designed for triathletes and open water swimmers)

2 x 25

Free, sprint and sight (S&S)

On cruise or Rest= :05

2 x 75

25 S&S / 50 moderate swim

Half Ironman and Ironman Distance

On cruise or Rest= :10

2 x 125

Moderate effort, freestyle swim

Breathing every 3rd stroke

On cruise + :05 or Rest= :15

2 x 400

FREESTYLE SWIM, DESCEND 1->2

On cruise + :10 or Rest= :30

2 x 125

#1: FAST, on **cruise** - :05 or Rest= :05

#2: Moderate on cruise + :15 or Rest= :20

2 x 75

#1: FAST, on cruise - :05 or Rest= :05

#2: Moderate on cruise + :15 or Rest= :20

2 x 25

#1: FAST, on cruise - :05 or Rest= :05

#2: Moderate

WARM DOWN

10x25's

Odds: Free, breathing every 3 strokes

Evens: Easy Backstroke

TOTAL

3200

DAY 2

WARM UP

3x300's

#1) Free, Easy, focus on goody body rotation

#2) DISTANCE PER STROKE

#3) Build by 100's

DRILL

5x100's

25 Left arm only/25 Right arm only/50 Swim.

Rest= :10

MAIN

1x800 Build by 200's

Rest= 1:30

8x50's

Half Ironman and Ironman Distance

Odds: Count strokes -1 on Cruise +:10

Evens: Descend 1-4 on Cruise +05

1x600 Free

85% effort

8x25's

Odds: Kick

Evens: Swim Descend the swims

Rest= :10

WARM DOWN

200 Back/Free by 25's

TOTAL

3600

DAY 3

WARM UP

3x(200 Free/100 Non-Free)

DRILL

12x50's

Odds: 25 **Fist**/25 **Count strokes**

Evens: **Descend** (2, 4, 6, 8, 10, 12)

Rest= :20

MAIN

4x300's

#1) 6X50'S ON CRUISE +:05

#2) 3x100's on cruise

#3) 300 DISTANCE PER STROKE

Rest= :40

#4) 300 90% effort

6X50'S FREE GOLF

Rest= :20

WARM DOWN

200 Distance Per Stroke

TOTAL

3200

Week 11

DAY 1

WARM UP

600, every 4th length backstroke

DRILL

3x200's:

#1) Count strokes-2 per 50

#2) Distance Per Stroke

#3) Build

MAIN

2x800's:

#1) Concentrate on 1 aspect of your stroke every 8 lengths

#2) Build to 85%

Rest= 1:15

WARM DOWN

200 Back/Free by 25's

TOTAL

3000

DAY 2

WARM UP

500 Choice

DRILL

400 done as 4x(25K/75 Distance Per Stroke, count strokes)

MAIN

2x1000's

#1) Maintain steady pace

#2) Shift gears, count strokes and go faster

WARM DOWN

200 Free, breathe every 3 strokes

TOTAL

3100

DAY 3

WARM UP

400 Choice

DRILL

4x100's

#1) Kick

#2) Fist

#3) Distance Per Stroke

#4) Build

MAIN

4x(4x50's + 200)

4x50's: Hard, on Cruise + :30

200's: Easy, Rest= :30

WARM DOWN

300, breathe every 3 strokes on odd lengths

TOTAL

2700

DAY 4 _____

1500 YARDS OR 1300 METERS AT RACE PACE

Week 12

DAY 1

WARM UP

400 Choice

DRILL

500 Count strokes-2 per 100

MAIN

2x800's

#1) Distance Per Stroke

#2) Race Pace Rest= 1:30

WARM DOWN

200 Easy

TOTAL

2700

DAY 2 ---

WARM UP: 400 DISTANCE PER STROKE

DRILL/MAIN: 4x (200 Count strokes + 4x50's Descend 1-4)

200's: Rest= :30

50's: on Cruise +:10

SPRINT

8x25's Easy/Build/Easy/Fast, Repeat on :30-:45 interval

WARM DOWN

200 Back/Free by 25

TOTAL

2400

DAY 3 ---

WARM UP

800 Count strokes (just keep track of your stroke count per length- you don't have to count throughout, but make sure you are counting every 4 lengths or so and staying on track.)

MAIN

16x25's done as 12.5 spring, 12.5 easy @ :30-:45 interval

WARM DOWN

800 Count strokes- same as 800 above. Nice and easy, long strokes!

TOTAL

2000

DAY 4

RACE TIME! 1.2 MILE HALF IRONMAN SWIM

IRONMAN DISTANCE SWIM TRAINING PLAN

(WARNING: If you are training for your first triathlon, we HIGHLY recommend starting with a Sprint or Olympic Distance race. You might survive a Half Ironman if you are already in top shape, but definitely do not attempt an Ironman distance race your first time!)

Week 1

DAY 1

WARM UP

300 Free

DRILL/MAIN

200 Free

1) Kick/Swim by 25's. Swim with fists only.

25+50+75+100 Free

100+75+50+25 Free

Count strokes throughout. Just note stroke count and Find your strokes per length range.

Rest= 10-15 seconds between swims

12x50's Free

#1) Count strokes

#2-12) Try to hit the # of strokes you got in #1 on each 50.

Rest: 10-15 seconds between 50's

WARM DOWN

100 Back/Free by 25's

For the free, breathe every 3 strokes

TOTAL

1700

DAY 2

WARM UP

300 Free, breathe every 3 strokes

DRILL/MAIN

8x75's Free

K/Finger Tip Drag/Distance Per Stroke

Rest :15 between 75's

25+50+75+100

100+75+50+25

All Free

Count strokes, first 25 is benchmark. Remember that number and try to hit that number or lower on each length. Notice how changes to your stroke affects spl.

Rest :15 btw swims

8x75's Free

#1) Count strokes

#2-8) Do not go over the # of strokes you got on #1

Rest 10-15 seconds between 75's

5x100's Free

#1,2 & 4,5) Cruise

#3) Count strokes. Try to keep your strokes per length in the lower range.

WARM DOWN

150 Free, breathe only on your weaker side on odd lengths

TOTAL

2500

DAY 3

WARM UP

300 alternating Back/Free by 25's

DRILL

8x100's

Odds: 25 Fists Only/25 Free

Evens: 4 strokes Back/4 strokes Free by 25's

Rest :15 between each 100

MAIN

2x(3x50's + Kick 3x100's Free/Back by 25+3x75 Free Count strokes-1)

WARM DOWN

6x50's Free Golf on 1:00-1:20 or Rest= :30

TOTAL

2725

TOTAL FOR WEEK FOR IRONMAN: 7075

Week 2

DAY 1

WARM UP

500 Free

DRILL

12x50's Odds: Shark Fin Drill

Evens: Distance Per Stroke

Rest= :15

6x100's Free

1) Count strokes

2-6) Keep stroke count the same or lower Rest= :20

MAIN

400+300+200+100 on Cruise interval count strokes on 300 and 200 and keep stroke count low

WARM DOWN

150 Breathe every 3 strokes

TOTAL

2850

DAY 2

WARM UP

2x200's

1) Free

2) Breast/Free by 25

DRILL

10x50's 3/4 Catchup Drill

Rest= :15

4x200's

1) Count strokes

2-4) Keep the same stroke count or lower.

Count by 25's and average OR count for the entire 200

MAIN

2x(4x100+4x50)

100's: Cruise

50's: Count strokes-1

WARM DOWN

200 Breathe every 3 strokes

TOTAL

3100

DAY 3

WARM UP

8x75's Odds: Breathe every 3-5-3 strokes by 25's

Evens: Non-Free, your choice

Rest= :15

DRILL

8x50's Non-free Rest= :15

800 Free count strokes on 1st 100, maintain stroke count throughout 800

MAIN

2x(300 Free + 3x100 I.M.)

300's: Moderate +:15 100's: Hard, on Cruise

WARM DOWN

200 Easy

TOTAL

3200

Week 3

DAY 1

WARM UP

500 Free, every 4th length Kick

DRILL

400 Free, alternate 25 Fist/25 Free Swim

4x50's Free Golf @ 1:00-1:20 OR Rest= :30

MAIN: 3X(4X100)

Set #1) Descend 1-4 on Cruise + :10,

Set #2) Descend stroke count 1-4 on Rest= :30,

Set #3 Descend 1-4 @ Cruise - :05

BREATH CONTROL (Hypoxic Training)

400 Free breathe every 3-5-5-3 stroke by 100

5x50's, limit # of breaths to 6, 5, 4, 3, 2 by 50

WARM DOWN

200 Easy, long strokes

TOTAL

3450

DAY 2

WARM UP

500, every 4th length backstroke

DRILL

6x125's 50Kick/50 6K per stroke/25 Swim Distance Per Stroke

Odds: Free

Evens: Back

MAIN

3x(300 + 4x50's)

300's: Moderate, Rest= :30

50's: on Cruise interval

KICK/SWIM

10x50's K/Swim on :55-1:10 OR Rest= :10

Alternate Free/Back by 50's

WARM DOWN

5x50's Start at 80%, decrease effort by 20% each 50

TOTAL

3500

DAY 3

WARM UP

5x100's on Cruise +:15 BUILD

DRILL

16x50's

#1) Count strokes

#2-16) Keep stroke count the same or lower as #1

Rest= :15

MAIN

2x(2x150 + 4x100)

Keep all swims at Max HR or lower.

Rest= :20 for the 150's, :15 for the 100's

BREATH CONTROL

3x200's

#1, 2) Breathe every 3-5-7-3 strokes by 50

#3) Count strokes-2 by 50

WARM DOWN

250 Breathe on weak side only on odd lengths

TOTAL

3550

TOTAL FOR IRONMAN: 10000

Week 4

(recovery week)

DAY 1

WARM UP

500 Choice

DRILL

8x100's Count strokes: -1 per 25

Rest= :20

MAIN

3x400's Free Descend #1-3. Keep stroke Count consistent

Rest= :45

WARM DOWN

200 Breathe weak side only on odd lengths

TOTAL

2700

DAY 2

WARM UP

200 I.M. Kick/Swim by 25's + 400 Free

DRILL:

25+50+75+100+100+75+50+25 count strokes, pay attention to technique.

Are you looking at the bottom of the pool with just a little of the back of your head out of the water? Is your stroke LONG in the water, and are you getting distance out of each stroke? Are your hips rotating?

Rest= :15 between swims

4x(5x25) Start with lowest stroke count in previous set, add 1 stroke per 25 within set. Then go back down and repeat.

MAIN

4x200

#1,2) Count strokes, moderate pace

#3,4) Distance Per Stroke, hard

Rest= :45

WARM DOWN

200 breathe 3-5-5-3 strokes by 50

Rest= :30

TOTAL

2100

DAY 3

WARM UP

600 Free, every 3rd length kick on your side

DRILL

8x75's

Odds: 50 Fist, 25 Free

Evens: Count strokes-1 per 25

Rest= :15

MAIN

15x100's on Cruise

WARM DOWN

200, Breathe weak side on odd lengths

TOTAL

2750

DAY 4

LONG DISTANCE SWIM 2100 YARDS OR 1950 METERS

Pay attention to Stroke Count and technique.

Do not worry about speed.

Total for IROMAN: 10300

Week 5

DAY 1

WARM UP

500, every 4th length non-free

DRILL

12x50's Drill/Swim by 25.

Odds: Fist

Evens: 6 Kicks/Stroke

Rest= :15

5x150

#1) Count strokes

#2-5) Keep stroke count the same or lower than #1

Rest= :30

MAIN

3x300's Descend 1-3 on Cruise +:05

WARM DOWN

6x50's Ascend (get slower)

Rest= :20

TOTAL

3050

DAY 2

WARM UP: 2X(200+4X25'S)

Round 1) Free

Round 2) Back (or back/free)

KICK: 10x50's 2 of each stroke (fly, back, breast, 4 free)

Odds: Easy

Evens: Fast

MAIN: 3X(4X100+2X50)

100's:

Set #1) on Cruise

Set #2) Count strokes-1 Rest= :30

Set #3) @ Cruise.

50's: All easy on 1:00 or :25 rest

BREATH CONTROL

400 Free, breathe every 3-5-7-3 strokes by 100

SPRINT

10x25's Easy/Fast by 25

Rest= :10

WARM DOWN

200 Easy

TOTAL

3450

DAY 3

WARM UP

500 Free every 4th lap count strokes

DRILL

8x100's

Odds: Finger Tip Drag Drill/Free by 25's.

Evens: Fist/Free Rest= :20

MAIN

3x(2x200 + 4x50)

200's: on Cruise

50's: on Cruise + :05, descend

Rest :30 between sets

STROKE COUNT

10x50's Free Golf on 1:00-1:15

WARM DOWN

300 Breathe every 3 or 5 strokes

TOTAL

4000

TOTAL IRONMAN: 10500

Week 6

DAY 1

WARM UP

8x100's

#1, 2) on Cruise + :20

#3,4) on Cruise +:15

#5,6) on Cruise +:10

DRILL: 10X75'S KICK/DRILL/SWIM BY 25'S

Drill= high elbow Free

Rest= :15

MAIN

1x50 on 1:00 + 1x50 on Cruise

1x50 on 1:00 + 2x50's on Cruise

1x50 on 1:00 + 3x50's on Cruise

1x50 on 1:00 + 4x50's on Cruise

1x50 on 1:00 + 4x50's on Cruise +:05

1x50 on 1:00 + 3x50's on Cruise +:05

1x50 on 1:00 + 2x50's on Cruise +:05

1x50 on 1:00 + 1x50 on Cruise +:05

50's on 1:00: Count strokes, Distance Per Stroke

50's on interval: Hard, Free on the way up, non-free on the way down

500 Free Breathe every 3-5-7-5-3 strokes by 100

WARM DOWN

200 Back/Free by 25

TOTAL

3650

DAY 2

WARM UP

400 (50 Free, 50 Back, 50 Breast, 50 Free, repeat)

8x50's Back/Free, Breast/Free, Free

MAIN

3x100's Free, Moderate pace on Cruise +:10

6x50's Kick, Choice, Descend 1-3, 4-6 on :10 rest

3x100's Free on cruise +:05

6x75's Back/Breast/Free by 25. Rest= :15

3x100's Free on cruise

3x100's Non-Free or I.M. on Cruise + :20

DRILL

8x50's Free Golf

WARM DOWN

300 Free, Breathe every 3-5-3 strokes by 100

TOTAL

3450

DAY 3

WARM UP

400 Choice

DRILL

6X50'S FIST

8x75's 25 3/4ths Catchup , 50 Distance Per Stroke

8x25's Descend 1-3, 4-6

Rest= Your Choice

MAIN:

1x175 1x225

1x175 2x225

1x175 3x225

175's: Moderate, 1:00 rest. Count Strokes, keep consistent

225's: on 200 Cruise pace +:20

BREATH CONTROL

6x100's breathe every 3-5-3-7 strokes by 25

Rest= :20

WARM DOWN

200 Back/Free

TOTAL

3850

TOTAL FOR IRONMAN: 10950

Week 7

DAY 1

WARM UP

400 Choice

DRILL

10x50's

Odds: 25Kick/25 Free Drill (your choice)

Evens: 25 Drill/25 Build 5x(4x25's)

Fly, back, breast, free by set of 25's.

1 Easy, 2 Moderate, 1 Hard.

Rest= :10

MAIN: 3X(1X300, 1X100)

300's: I.M. (3 lengths each stroke)

Rest= :30

100's: #1) Kick

Rest= :10

#2) Free, hard

Rest= :30

WARM DOWN

300

TOTAL

3200

DAY 2

WARM UP

3x200's

#1) Kick/Swim

#2) Swim, build

#3) Count strokes-1 per 50

DRILL

2x300's Free, Count strokes by 50

Decrease stroke count on 2nd 300

MAIN

3x(5x100)

Set #1) on Cruise +:10

#2) on Cruise +:05

#3)@ Cruise

Half Ironman and Ironman Distance

200 Easy Swim

6x125's Free

100 Fist, 25 Swim

Rest= :25

WARM DOWN

200 Easy

TOTAL

3850

DAY 3

WARM UP

600, Every 4th length non-free

MAIN

12-minute swim, focus on different aspect of your stroke every 6 lengths. 6x(4x25's) @ :35-:45

Descend 1-4 within set

WARM DOWN

300, every 3rd length non-free

DAY 4

LONG DISTANCE SWIM 2100 YARDS OR 1950 METERS

Try adding some speed this time while you pay attention to technique!

Total for IRONMAN: approx. 10800

Week 8

BEGIN SPEED

DAY 1

WARM UP

500 Easy

20x50's

#1-5) Descend stroke count

#6-10) Descend time

#11-15) Free Golf

Rest= :15-:20

#16-20) On Cruise Interval, just make interval

400 Breathe every 3-5-7 strokes by 100

20x25's on :35-:40

Easy/Build/Easy/Fast by 25

WARM DOWN

300 Back/Free

TOTAL

2700

DAY 2

WARM UP

6x100's on Cruise +:20 Choice

DRILL

10x75's

Odds: Kick/FingerTip Drag/Swim

Evens: Kick/Fist/Swim

MAIN

1x50 1x100

1x50 1x200

1x50 1x300

1x50 1x400

1x50 1x500

1x50 1x600

50's: All hard

On cruise +:20

Long swims: moderate on cruise +:10

Count strokes every 4 lengths

BONUS: 4X200'S:

#1) Breathe on weaker side only

#2) Count strokes-2 per 50

#3) Breathe every 3-5-7-3 by 50

#4) Distance Per Stroke

WARM DOWN

300 Ascend throughout (start out at 80% and drop down effort)

TOTAL: 4700

DAY 3

WARM UP

500 Back/Free alternate by 25

DRILL

8x125's, 50 Kick/50 4 Strokes Back, 4 Strokes Free/25 Free

MAIN

6x400's

#1) 400 Straight

#2) 2x200's on cruise + :05

#3) 4x100's on cruise

#4) 8x50's Rest=:15

#5, 6) Straight, moderate pace

STROKE COUNT

25+50+75+100+100+75+50+25

Rest=:15-:20 between swims. Go faster on each swim on the way up, slower on the way down. Count strokes and adjust accordingly.

WARM DOWN

300 Back/Free, focus on hip rotation

TOTAL

4650

TOTAL FOR IRONMAN: 12050

Week 9

DAY 1

WARM UP

300 Choice

DRILL

10x100's 25Kick/50 Fist/25 Build

Rest= :20

MAIN

21x100's

Rest=:20

Focus on 1 aspect of your stroke every 3 100's

WARM DOWN

100 Easy

TOTAL

3500

DAY 2

WARM UP

3x(3x100)

Set #1) Easy, Rest= :15

Set #2) Moderate on Cruise +:15

Set #3) Build on Cruise + :10

DRILL

6x150's: 50 Kick/50 6 Kicks per Stroke/50 Swim

Rest= :15

MAIN

4x(4x50's + 2x150's)

50's: Fast on Cruise + :20 or Rest= :30

150's: #1) Count strokes, #2) Count strokes-2

Rest= :20

WARM DOWN

6x50's Ascend, keep stroke count consistent

TOTAL

4100

DAY 3

WARM UP

600 Choice

10x50's

Odds: Non-Free, Drill/Swim by 25's.

Evens: Free, Drill/Swim by 25's.

Rest= :15

8x50's Kick, Descend #1-3, #4-6

Rest= :15

100 Easy Swim

MAIN

3x(4x150)

#1-3) 50 Free breathe every 3 Strokes/100 Free Normal

Descend 1-3 on Cruise +:10

#4) 150 Easy, your choice

Rest= :20

BREATH CONTROL

5x50's, limit your breaths to 6, 5, 4, 3, 2 per 50

Rest= :15

WARM DOWN

6x50's Ascend

Rest= :20

TOTAL

3400

TOTAL FOR IRONMAN: 11000

Week 10

BEGIN TAPER

DAY 1

WARM UP

400 Choice

DRILL

4x150's. 50 Drill (your choice)/100 Swim

8x50's:

#1,2) Kick, Descend

#3,4) Swim, Descend stroke count,

#5-8) Swim, Descend time

MAIN

(lots of speed changes in this distance freestyle set designed for

triathletes and open water swimmers)

2 x 25

Free, sprint and sight (S&S)

On cruise or Rest= :05

2 x 75

25 S&S / 50 moderate swim

On cruise or Rest= :10

2 x 125

Moderate effort, freestyle swim

Breathing every 3rd stroke

On cruise + :05 or Rest= :15

2 x 400

Freestyle swim, descend 1->2

On cruise + :10 or Rest= :30

2 x 125

#1: FAST on cruise - :05 or Rest= :05

#2: Moderate on cruise + :15 or Rest= :20

2 x 75

#1: FAST on cruise - :05 or Rest= :05

#2: Moderate on cruise + :15 or Rest= :20

2 x 25

#1: FAST on cruise - :05 or Rest= :05

#2: Moderate

WARM DOWN

10x25's

Odds: Free, breathing every 3 strokes

Evens: Easy Backstroke

TOTAL: 3350

DAY 2

WARM UP

3x300's

#1) Free, Easy, focus on good body rotation

#2) Distance Per Stroke

#3) Build by 100's

DRILL: 6x100's 25 Left arm only/25 Right arm only/50
Swim. Rest= :10

MAIN

1x800 Build by 200's. Rest= 1:30

8x50's Odds: Count strokes-1 on Cruise +:10

Evens: Descend 1-4 on cruise +05

1x600 Free 85% effort

8x25's Odds: Kick

Evens: Swim, Descend each

Rest= :10

WARM DOWN

200 Back/Free by 25's

TOTAL: 3700

DAY 3

WARM UP

3x(200 Free/100 Non-Free)

DRILL

12x50's

Odds: 25 Fist/25 count strokes

Evens: Descend (2, 4, 6, 8, 10, 12)

Rest= :20

MAIN

5x300's

#1) 6x50's on cruise +:05

#2) 3x100's on cruise

#3) 300 Distance Per Stroke, Rest= :40

#4,5) 300 90-95% effort

Half Ironman and Ironman Distance

6x50's Free Golf

Rest= :20

WARM DOWN

200 DPS

TOTAL: 3500

TOTAL FOR IRONMAN: 10550

Week 11

DAY 1

WARM UP

600, every 4th length backstroke

DRILL

3x200's:

#1) Count strokes-2 per 50

#2) Distance Per Stroke

#3) Build

MAIN

2x800's:

#1) Concentrate on 1 aspect of your stroke every 8 lengths

#2) Build to 85% Rest= 1:15

WARM DOWN

200 Back/Free by 25's

TOTAL

3000

DAY 2

WARM UP

500 Choice

DRILL

600 done as 6x(25Kick/75 DPS, count strokes)

MAIN

2x1000's

#1) Maintain steady pace

#2) Shift gears, count strokes and go faster

WARM DOWN

200 Free, breathe every 3 strokes

TOTAL

3300

DAY 3

WARM UP

500 Choice

DRILL

5x100's

#1) Kick

#2) Fist

#3) DPS

#4) Build

#5) Swim- 90% effort

Rest= :15

MAIN

4x(4x50's + 200)

4x50's

Hard, on Cruise + :30

200's: Easy, Rest= :30

WARM DOWN

300, breathe every 3 strokes on odd lengths

TOTAL: 2900

DAY 4 ---

1500 YARDS OR 1300 METERS AT RACE PACE

Total for IRONMAN: 9200

Week 12

DAY 1

WARM UP

400 Choice

DRILL

500 Count strokes-2 per 100

MAIN

2x800's

#1) DPS

#2) Race Pace Rest= 1:30

WARM DOWN

200 Easy

TOTAL: 2700

DAY 2

WARM UP

400 DPS

DRILL/MAIN

5x (200 count strokes + 4x50's Descend 1-4)

200's: Rest= :30

50's: @ Cruise +:10

SPRINT

8x25's Easy/Build/Easy/Fast, Repeat on :30-:45 interval

WARM DOWN

200 Back/Free by 25

TOTAL: 2400

DAY 3

WARM UP

800 Easy, count strokes every few lengths

MAIN

16x25's done as 12.5 spring, 12.5 easy on :30-:45 interval

WARM DOWN

400 Easy, count strokes every few lengths

TOTAL: 1600

DAY 4

RACE TIME! 2.4 MILE IRONMAN SWIM

TOTAL FOR IRONMAN: 6500 + RACE