

2KM DISTANCE Four Week Plan

THINGS TO CONSIDER:

Swimming in open water is different to the pool. You will not have the benefit of relying on the break awarded from tumble-turns. Therefore arms will feel the distance travelled in open water swimming more. It is really important to train before the event both in the pool and more importantly in the open water!!!

In the open water swimmers do not have the advantage of lanes and ropes to keep them on course. It is

important to practice the technique of sighting to avoid zig-zagging on the course which will tire you out and add to the distance you swim. The skill can be practised in the pool as well as in the open water. It is also important to practise the technique of bilateral breathing, the technique will also help you to swim straighter.

The transition from swimming in a pool to swimming in open water can be unnerving for some. it is essential to **overcome any fears or concerns before the event**. This is best achieved by swimming in open water over a long period of time. Include open water sessions into your training programme for the event.

Do your homework before the event, **know the layout of the course**, and become familiar with large permanent objects that can be used in sighting while swimming.

DIET DURING TRAINING AND IN THE LEAD UP TO THE EVENT

Diet is very important for all swimmers – you need your energy boost at the right time for optimum performance.

Eat a carbohydrate and protein rich meal two or three hours before your swim and then a snack like fruit or energy food an hour before your swim.

Help your body repair muscles by refuelling with protein and complex carbs within 30 minutes of finishing your swim.

It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you. When the event comes around, you'll have plenty on your mind already.

The day before the event:

- Keep exercise to a minimum and eat meals and snacks high in complex carbohydrates.
- Drink fluids little and often to stay properly hydrated.
- Eat little and often every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.

Avoid big meals or over-eating in the evening – this will almost certainly make you feel uncomfortable and lethargic the next day. Try to stick to familiar foods. Curries, spicy foods, baked beans and pulses (unless you are used to eating them) can cause gas and bloating, so avoid eating anything that may cause stomach discomfort the next day.

The Morning of the Event:

- Don't swim on empty. Even if you feel nervous, have breakfast. Stick to easily digested foods cereal with milk, porridge, banana with yoghurt, some fruit or toast with jam.
- Milkshakes, yoghurt drinks or a smoothie are also good.

EQUIPMENT - WHAT SHOULD I WEAR

The event is being held in Killary harbour in October. The average temperature in the water will be roughly 12° C. The temperature for competitive swimming events is 27° C, therefore you will need to be prepared for the cooler conditions.

For this event a wetsuit is advisable. If possible use a triathlon-specific suit as they are more flexible at the shoulders and will not restrict or compromise your strokes. Regardless of the type it is important that the suit fits you properly (too small results in difficulty in breathing and cramping, too large results in the cuffs being too loose and will let in too much water which will cause excess dragging in the water).

It is important to get used to swimming in a wetsuit prior to the event as your buoyancy and stroke will be affected.

Other personal equipment to consider includes:

- Goggles: these are personal, they should form a tight seal against eyes and nose and allow you enough vision to see where you are travelling. Tinted goggles are useful when swimming into the sun!
- Swimsuit/shorts: just like the wetsuit they should not be baggy otherwise they will cause dragging in the water.
- Swimming cap: by wearing one you will ensure you
 will not allow bodily heat escape while in the open
 water. Wear two hats (silicone or neoprene), wear
 a thick one then put on goggles, then a second
 hat, the second hat will help prevent the goggles
 slipping and trap more heat if the second hat is
 brightly coloured you will be more visible in the
 water.
 - Non-petroleum products: for lubrication. Apply to your neck to prevent chaffing.

PERSONAL NOTES Record how you feel after each session so progress can be measured



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ANXIETY IN OPEN-WATER

Anxiety in open-water is common and is normally caused by extrinsic factors around you - depth, cold, not being able to see far and having other swimmers in close proximity to you. All of these factors lead to the same physical response regardless of your expertise - holding your breath.

Holding your breath immediately increases the anxiety further, things start to feel out of control and you may even feel a sense of panic. To help, divert this focus instead to intrinsic factors that you can control, for instance breathing, hand entry and smooth strokes. If you do start to panic during the event then just pause or flip over onto your back for a few seconds. Take a few deep easy breaths, recompose yourself and keep those deep easy breaths going when you start swimming again.

SWIMMING TECHNIQUE AND STROKES

During the event you will not be restricted to one stroke. Freestyle is the most effective but you can combine it with other strokes such as backstroke, breaststroke or sidestroke. Be aware of your leg positioning when using breaststroke, remember when using backstroke it is harder to swim in a straight line and keep an eye on the group.

Whichever stroke you intend to swim, you need to consider the same five things:

- Your body position this affects the whole stroke, so get it right first of all. Aim to stay as streamlined as you possibly can.
- Your leg action this helps to hold your body in good position. You need to kick strongly to stay as horizontal as possible.
- Your arm action in all strokes except breaststroke most of the power comes from your arms. But hey can only work properly if your body position is right.
- Your breathing many stroke problems come from breathing at the wrong time. Try not to let your breathing interrupt the leg and arm action.
- 5. The timing of the stroke this is the way all the stages fit together to form the complete stroke.

PERSONAL NOTES Record how you feel after each session so progress can be measured



Rest time 25 sec. repeat x5

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TRAINING LEVEL: EXPERIENCED SWIMMER

Week 1	Session 1 & 3	Session 2	Session 4	
Warm Up	400m freestyle	400m combine freestyle, breaststroke400m combine freestyle, breaststroke && backstroke - 25m eachbackstroke - 50m each		
Drills	200m freestyle one arm front 200m catch up	400m co-ordination drill200m freestyle catch up drill(freestyle 3 single arms on right arm, 200m freestyle body rotationleft arm extended, 3 full strokes,3 single arm on left, 3 full strokes)		
Main Set	150m freestyle last 25m fast 50m breaststroke 50m backstroke last 35m fast Repeat with 2min rest interval	10x50m freestyle, 30sec rest 100m scull front and back 400m freestyle (count strokes and maintain same stroke rate)	8x100m freestyle (20sec rest interval) Pull buoy can be incorporated every other cycle	
Cool Down	200m any stroke	200m any stroke 200m inverted breaststroke & rotating arms		
Total	2km	2km	2k	
Week 2	Session 1 & 3	Session 2	Session 4	
Warm Up	400m freestyle	400m (25m single arm freestyle, 25m any stroke, 25m other single arm freestyle, 25m any stroke - repeat)	400m combine freestyle & breaststroke - 50m each	
Drills	8x50m freestyle using hand paddles - 15sec rest 200m catch up	400m co-ordination drill 200m freestyle catch up (freestyle 3 single arms on right arm, left are extended, 3 full strokes, 3 single arm on left, 3 full strokes)	drill 200m freestyle boty rotation drill arms fully extended	
Main Set	16x50m medley 20sec rest (butterfly/freestyle) 50m swim down	800m pyramid (50m freestyle, 100m medley, 150m freestyle, 200m medley, 150m freestyle, 100m medley, 50m freestyle)	1000m (400m freestyle 100m breastroke x2)	
Cool Down	200m with kickboard (75m freestyle, 25m breastroke x2) 50m scull (front/back or both)	400m any stroke 200m kickboard deep fr	eestyle kick 200m kickboard breastroke legs	
Total	2.2km	2.2km	2.2km	
Week 3	Session 1 & 3	Session 2	Session 4	
Warm Up	400m (100m freestyle, 50m backstroke, 100m freestyle, 50m backstroke, 100m free)	400m (freestyle & backstroke,400m freestyle (focus on maintaining equal50m alternating)number of arm pulls per length)		
Drills	500m (25m catch up, 25m single arm right, 25m single arm left, 25m full stroke.) Port time 25 sec repeat x5	4x50m freestyle with kick board, 30 sec rest 4x50m breaststroke, 20 sec rest	200m catch up, 200m freestyle (every 5th stroke practice sighting)	



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Week 3 (CONT'D)	Session 1 & 3	Session 2	Session 4
Main Set	5x100m freestyle with pull buoy, rest time 20sec 5x100m freestyle sprinting on last 25m rest time 30sec 100m swim down	1250m pyramid(50m, 100m, 150m, 200m, 250m take a break and drink for 3 mins, 200m, 150m, 100m, 50m, butterfly can be replaced by any stroke) 200m backstroke swim down	8x50m freestyle (breathing every 3rd stroke) 4x100m freestyle (full strength) rest 45sec 100m backstroke swim down
Cool Down	150m kickboard freeestyle 150m kickbpard breastroke	350m kickboard (200m freestyle kick, 150m breaststroke kick)	200m freestyle kick with fins and kickboard 200m freestyle with fins
lotal 🛛	2.3km	2.6km	2.2km
Week 4	Session 1 & 3	Session 2	Session 4
Warm Up	4x100m medley (can replace butterfly with freestyle)	400m (freestyle and backstroke 50m alternating)	400m freestyle & backstroke
Drills	400m (25m catch up, 25m single arm right, 25m single arm left, 25m full stroke.) Rest time 25sec. Repeat x 4	400m co-ordination drill (freestyle 3 single arms, right arm, keep left arm extended, 3 full strokes, 3 3 single arms, left arm, 3 full strokes)	12x50m freestyle using hand paddle and pull buoy, rest 10sec
Main Set	12x100m freestyle use hand paddles & pull buoy, rest 30sec	800m pyramid (50m freestyle, 100m medley, 150m freestyle, 200m medley, 150m freestyle, 100m medley, 50m freestyle)	16x50m medley 20sec rest 200m swim down any stroke
Cool Down	400m freestyle with fins & kickboard focus on leg kic	200m kickboard deep freestyle leg k 200m kickboard long/deep breaststroke	200m freestyle kick with fins and kickboard 200m freestyle with fins
Total	2.6km	2.2km	2.4km