



SWIMMING TO POWER HEART RESEARCH

Swimming training plan for advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Pilates	Swimming lesson/class	Swim. Endurance and drills 1000m + stretch	Rest	Swim. Intervals 800m + stretch	30-45 mins CV exercise: walk, run or cycle + stretch	Swim. Endurance indoor 2 hours + stretch
2	Rest or Pilates	Swimming lesson/class	Swim. Endurance and drills 1200m + stretch	30 mins strength & conditioning + stretch	Swim. Intervals 1000m + stretch	30-45 mins CV exercise: walk, run or cycle + stretch	Swim. Endurance indoor 2 hours + stretch
3	30 mins general body conditioning + stretch	Swimming lesson/class	Swim. Endurance and drills 1400m + stretch	30-45 mins CV exercise: walk, run or cycle + stretch	Swim. Intervals 1000m + stretch	Rest	Swim. Endurance indoor 2 hours + stretch
4 Recovery Week	30 mins general body conditioning + stretch	Swimming lesson/class	Rest	30 mins strength & conditioning + stretch	Swim. Endurance 1000m + stretch	30-45 mins CV exercise: walk, run or cycle + stretch	Swim. Open water 1600m + stretch
5	Rest	Swimming lesson/class	Swim. Endurance 1600m + stretch	30 mins strength & conditioning + stretch	Swim. Intervals 1200m + stretch	30 mins general body conditioning + stretch	Swim. Open water 1600m + stretch

FIGHT FOR EVERY HEARTBEAT

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	45 mins general body conditioning + stretch	Swimming lesson/class	Swim. Endurance 1800m + stretch	Rest	Swim. Intervals 1200m + stretch	Rest	Swim. Open water 1800m + stretch
7	45 mins general body conditioning + stretch	Swimming lesson/class	Swim. Endurance 2000m + stretch	30 mins strength & conditioning + stretch	Swim. Intervals 1200m + stretch	30-45 mins CV exercise: walk, run or cycle + stretch	Swim. Open water 2000m + stretch
8 Recovery week	Rest or Pilates	Swimming lesson/class	Rest	30 mins strength & conditioning + stretch	Swim. Endurance 1200m + stretch	30-45 mins CV exercise: walk, run or cycle + stretch	Swim. Open water 1600m + stretch
9	Rest or Pilates	Swimming lesson/class	Swim. Endurance 2000m + stretch	30 mins general body conditioning + stretch	Swim. Intervals 1000m + stretch	Rest	Swim. - Endurance 1600m + Stretch
10	Rest	Swimming lesson/class	Rest	Pilates	Swim. Intervals 800m + stretch	Rest	Swim Event

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