



SWIMMING TO POWER HEART RESEARCH

Swimming training plan for beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Swimming lesson OR class	Rest	Core work - Pilates class	Swim - endurance 800m + stretch	Walk or Gym class or Yoga	30-45 mins brisk walk or easy run or cross trainer or bike + stretch
2	Rest	Swimming lesson OR class	Swim - endurance 800m + stretch	Core work - Pilates class	Swim – Intervals: 800m + stretch	Walk or Gym class or Yoga	30-45 mins brisk walk or easy run or cross trainer or bike + stretch
3	Rest	Swimming lesson OR class	Swim - endurance 800m + stretch	Core work - Pilates class	Swim – Intervals: 800m + stretch	Walk or Gym class or Yoga	30-45 mins brisk walk or easy run or cross trainer or bike + stretch
4	Rest	Swimming lesson OR class	Rest	Core work - Pilates class	Swim - endurance 1,000m + stretch	Rest	45 mins brisk walk or easy run or cross trainer or bike + stretch

FIGHT FOR EVERY HEARTBEAT

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest	Swimming lesson OR class	Swim - endurance 1,000m + stretch	Core work - Pilates class	Swim – Intervals: 1,000m + stretch	Walk or Gym class or Yoga	45 mins brisk walk or easy run or cross trainer or bike + stretch
6	Rest	Swimming lesson OR class	Swim - endurance 1,200m + stretch	Core work - Pilates class	Swim – Intervals: 1,000m + stretch	Walk or Gym class or Yoga	45 mins brisk walk or easy run or cross trainer or bike + stretch
7	Rest	Swimming lesson OR class	Swim - endurance 1,400m + stretch	Core work - Pilates class	Swim – Intervals: 800m + stretch	Walk or Gym class or Yoga	45 mins brisk walk or easy run or cross trainer or bike + stretch
8	Rest	Swimming lesson OR class	Rest	Core work - Pilates class	Swim - endurance 1,500m + stretch	Rest	45 mins brisk walk or easy run or cross trainer or bike + stretch
9	Rest	Swimming lesson OR class	Swim - endurance 1,500m + stretch	Core work - Pilates class	Swim – Intervals: 800m + stretch	Walk or Gym class or Yoga	64 x 25m lengths = 1 mile easy relaxed stroke
10	Rest	Swimming lesson OR class	Rest	Core work - Pilates class	Swim – Intervals: 400m + stretch	Rest	Swim Event

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