



Get ready to make a splash

Bournemouth Pier to Pier Swim
Training Plan

In partnership with

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1. Remember how incredible you are

You are amazing for powering lifesaving research. Every stroke you swim and every pound you raise for British Heart Foundation (BHF) makes a difference.

2. Have a routine

Life is busy, so make sure your training fits around your family, friends and social life. Each week, plan when you're going to get your training sessions in and do your best to stick to it. If you miss a session, simply try to fit it in later in the week.

3. Use the training plan

Your training plan has been created by experts to make sure you get the most out of each session and enjoy taking on the swim. Why not print out your training calendar (pages 5-6), stick it on your fridge and cross off each session you complete?

4. Swim in open water

Practise swimming in open water ahead of the big day, as it can be quite different to swimming in a pool. Stay safe by only swimming at specialised open water venues. Start with short swims and gradually build up your time spent in the water.

5. Stay on course

Every few strokes, bring your head up and look straight ahead. Find a landmark, like a pier, a tree or a building and swim toward it. This will help you stick to your planned route.

6. Mix it up

Swimming is our main passion, but including different types of exercise in your training will help with your strength and recovery. Add in some conditioning work and ease off with some stretching, using the exercises at the back of this guide.

7. Remember why you're doing it

Swimming 1.4 miles is an incredible challenge, so when your training gets tough remember why you're doing it. Whether it's for yourself, a loved one or to power lifesaving research, reminding yourself of your why will help you to tick off those training swims.

8. Eat well

Good nutrition can make a huge difference to your training and will give your body what it needs. You can find more info about nutrition on page 10.

9. Listen to your body

If you're sore you might be about to get injured so rest, stretch more, get a massage, go on an easy walk or do some yoga instead of swimming. Make sure that you're getting as much sleep as possible – seven to eight hours is ideal.

10. Keep it social

Join our [Facebook group](#), to chat to your fellow swimmers about your training and share tips.

Get kitted out

It's really important to have good quality kit. We've highlighted the key items you'll need below, but make sure you look at the full [kit list](#) to check that you have ticked everything off. We'd also recommend keeping an eye on the weather leading up to the day, so that you arrive prepared come rain or shine.

✓ Wetsuit

Getting your hands on the right wetsuit is the first step to smashing your challenge. It'll keep you warm and help you to float. It's worth going to a specialist sports shop who will be able to recommend the right wetsuit for you.

✓ Swim gear

Having the right swimming costume or swim shorts is key to being comfortable. Test out your swim gear under your wetsuit ahead of event day to make sure it's right for you.

✓ Swim hat

You'll also need a swim hat to take on the challenge, to make sure you have a safe and most importantly, enjoyable swim. We'll send you a BHF swim hat to wear with pride on the big day, so look out for this coming through your letterbox 2-3 weeks before event day.

✓ Goggles

Goggles are another brilliant piece of kit to wear during your swim. It's best to choose a pair that will give you a clear view and are suitable for outdoor conditions.

✓ Towel and a change of clothes

After you've triumphantly crossed the finish line and collected your well-deserved medal, having a towel and a change of clothes waiting for you will be the perfect way to warm up and get ready for any post-swim celebrations!

You can find everything else that you'll need to take to the Bournemouth Pier to Pier Swim on your [kit list](#).



If you smash your £300 fundraising target, we'll send you a free BHF towel to use with pride on event day. Reach £500 and we'll send you an exclusive swim badge too!

Glossary

Below is some key info about the training sessions that you'll see throughout the guide. It'll explain to you what each session means and what you need to do.

Interval swims

These should be at a steady, easy pace. Keep your speed the same for each repetition. As your training progresses, your speed should slowly increase.

Long swim

These swims should still be at an easy pace and will help to improve your endurance and stamina. When swimming in open water, try to practice swimming in straight lines.

Fast swim

These swims will be harder; aiming to raise your heart rate and make you breathe heavily. Start at your fastest and try to keep this pace.

Open water swim

These sessions are where you'll get to practise swimming in open water and are key to be prepared ahead of the big day.

Cross training

You can choose what you would like to do on these days, as long as it's not swimming! This could be anything that gets your heart rate up like running, cycling or going to the gym.

Gym work

You can either complete the exercises on the conditioning page of this guide or go along to a Pilates or Yoga class at your local gym.

Rest days

These are really important to give your body time to recover from your training and allow your muscles to repair. If you'd still like to do something on these days, we recommend some Yoga or a slow walk.

Make sure you warm before each swim or workout as this will help to reduce your chances of picking up an injury. We recommend six lengths as a warmup and two lengths as a cool down.



Training Plan

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------|
| Week 1 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 10 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length fast swim, then rest for 45 seconds. Repeat 10 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 16 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 2 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 12 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 12 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 20 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 3 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 14 times. <input type="checkbox"/> | 20 minute cross training <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 14 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 24 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 4 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 10 times. <input type="checkbox"/> | 20 minute cross training <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 10 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 28 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 5 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 16 times. <input type="checkbox"/> | 20 minute cross training <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 16 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 32 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 6 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 18 times. <input type="checkbox"/> | 30 minute cross training <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 18 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 36 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 7 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 20 times. <input type="checkbox"/> | 30 minute cross training <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 20 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 36 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 8 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 10 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Gym work <input type="checkbox"/> | Rest <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 20 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |

Training Plan (continued)

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Week 9 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 20 times. <input type="checkbox"/> | 20 minute cross training <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 20 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 48 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 10 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 18 times. <input type="checkbox"/> | 30 minute cross training <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 18 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 60 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 11 | Interval swim Swim two lengths, then rest for 30 seconds. Repeat 20 times. <input type="checkbox"/> | 40 minute cross training <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 20 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 68 lengths. Try to swim without stopping if possible. <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 16 times. <input type="checkbox"/> |
| Week 12 | Interval swim One length Fast swim, then rest for 45 seconds. Repeat 16 times. <input type="checkbox"/> | Open water swim Easy 250m working on sighting and breathing. 500m swim getting faster throughout. <input type="checkbox"/> | Gym work <input type="checkbox"/> | Rest <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 20 lengths. Try to swim without stopping if possible. Rest for five minutes, then swim another 20. <input type="checkbox"/> | Rest <input type="checkbox"/> |
| Week 13 | Interval swim One length Fast swim, then rest for 45 seconds. Repeat 20 times. <input type="checkbox"/> | Open water swim Easy 250m working on sighting and breathing. 750m swim getting faster throughout. <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 20 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 48 lengths. Try to swim without stopping if possible. OR Open water swim 3 x 400m swim. Rest for 40 seconds between each. <input type="checkbox"/> | Open water swim Long steady swim for 20 mins <input type="checkbox"/> |
| Week 14 | Interval swim One length Fast swim, then rest for 45 seconds. Repeat 18 times. <input type="checkbox"/> | Open water swim Easy 250m working on sighting and breathing. 1500m swim getting faster throughout. <input type="checkbox"/> | Gym work <input type="checkbox"/> | Open water swim Easy swim for 1000m - 1500m <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 60 lengths. Try to swim without stopping if possible. OR Open water swim 4 x 400m swim. Rest for 30 seconds between each. <input type="checkbox"/> | Open water swim Long steady swim for 30 mins <input type="checkbox"/> |
| Week 15 | Interval swim One length Fast swim, then rest for 45 seconds. Repeat 20 times. <input type="checkbox"/> | Open water swim Easy 250m working on sighting and breathing. 750m swim getting faster throughout. <input type="checkbox"/> | Gym work <input type="checkbox"/> | Fast swim One length Fast swim, then rest for 45 seconds. Repeat 20 times. <input type="checkbox"/> | Rest <input type="checkbox"/> | Long swim Swim 80 lengths. Try to swim without stopping if possible. OR Open water swim 4 x 400m swim. Rest for 20 seconds between each. <input type="checkbox"/> | Open water swim Long steady swim for 30 mins <input type="checkbox"/> |
| Week 16 | Open water swim Easy 250m swim working on sighting and breathing. 4 x 250m swims – alternate between hard and steady pace. Rest for 45 seconds between each. <input type="checkbox"/> | Rest <input type="checkbox"/> | Gym work <input type="checkbox"/> | Open water swim Easy swim for 500m - 750m <input type="checkbox"/> | Rest <input type="checkbox"/> | Bournemouth Pier to Pier Swim Good Luck! | Well-deserved rest! <input type="checkbox"/> |

Conditioning

Adding conditioning into your training will help to build up your overall fitness and strength. It'll also help to prevent you getting injured. Each week complete the exercises below. Do each exercise for the set number of reps and then continue to the next. Have a rest and then repeat if you feel able to.



Split squats

Start with your feet hip-width apart. Place your right foot forward and the left foot behind your body on a bench that's about knee height. Keep your back straight and lower your left knee toward the floor. Press down and return to the starting position. Aim for three to four sets of 6 to 8 repetitions on each leg. Rest for 45 seconds after each set.



Calf raises

Stand on the edge of a step with your heels over the edge, or just on the floor. Lift your heels until you're standing on your toes, hold for two seconds, then lower. Aim for 10 repetitions.



Press ups

Start in a high plank. Slowly lower your chest towards the floor whilst ensuring your abs are tight and your spine is in a neutral position. Slowly push back up to the start position. Lower to your knees for an easier exercise. Aim for three to four sets of 8 to 10 repetitions. Rest for 45 seconds after each set.

Conditioning



Russian twists

Sit down on the floor. Lean back, forming a right angle from your torso relative to your thigh. Lift your heels and raise your arms out in front of you. Rotate your torso from one side to the other, pausing for a beat in the middle position between each rep. Only work within your range of motion; once your hips and knees begin to shift, you've gone too far. Aim for 10 repetitions on each side.



Plank

Lying on your front, place your hands underneath your shoulders and push up, making sure you keep your chest over your elbows. Keep a straight line from your neck, down through your legs to your ankles by engaging all your core. Hold this for 30 seconds to one minute and build it up gradually.



Side leg raise

Start lying directly on your side. With your bottom knee bent and your top leg straight, raise your ankle up towards the sky. Make sure your leg is extended behind your bottom and not in front of you. Slowly raise your leg to the top and then return to the start position. Aim for 10 repetitions on each side.

Stretching

Stretching after a workout will help with muscle recovery and prevent you getting injured. We recommend completing the below stretching routine after each of your swims, holding each stretch for 15-20 seconds and repeating each exercise on both legs.



Hamstring stretch

Lay down on your back and bend your knees. Bring one leg up and place your hand behind your knee. Pull your leg in towards your chest and straighten your knee until you can feel the stretch.



Hip flexor stretch

Kneel on your right knee and place your left leg at a 90-degree angle in front of you. Place your hands on your left knee and gently lean forward, you should feel the stretch in your left hip flexor.



Glutes stretch

Lying on your back, flex both knees and hips to 90 degrees. Take one ankle across to place it on the other knee, as shown above. Take your hands through to hug the back of the bottom leg and draw it in towards your chest.



Calf stretch

Place your hands on a wall and adopt a split stance (an upright lunge position). Lean your body towards the wall and you should feel the stretch down the calf of your back leg.



Quadriceps stretch

Stand with your feet together. Bring your right foot up behind you, hold your ankle with your right hand and draw your foot towards your bottom. For stability hold on to a steady surface or do this stretch lying down.

Nutrition

Nailing your nutrition is key to making the most of your training and enjoying Bournemouth Pier to Pier Swim. Getting the basics right will mean that you have the energy you need to train and recover well. Here's our top tips for how to get your nutrition right.

Eat enough protein

Try to add protein into every meal if possible – this can be lean cuts of meat, fish, low fat dairy, beans, pulses and lentils. Extra protein is also useful after long training sessions (more than 90mins). It helps speed up muscle repair and leads to faster recovery.

Carbohydrates

Like protein, you should try to include carbohydrates in every meal, especially in the run up to your challenge – this will keep your muscle energy levels topped up.

Hydration

To make sure you're well hydrated, aim to have 6-8 glasses of fluid a day whether you are training or not. This should be mostly water, low-fat milk, soy milk, no added sugar squash, or herbal teas. If you've been keeping hydrated in the weeks leading up to your challenge, there's no need to drink lots the night before or in the hours leading up to your event.

Listen to your body

If you're feeling tired, with little to no energy or motivation, then take a step back from your training and review your nutrition. You could be over trained and under recovered. Take a couple more rest days or shorten your training sessions, for example you could do half the distance or half the reps. It's ok to need to take a break, whether it's for a few days or a week.

Get enough sleep

It's also really important to get 7-8 hours of good sleep every night to allow your body to rest and recover. Get into a good bedtime routine, where you go to bed and wake up roughly at the same time every day. Reducing the amount of caffeine and alcohol you drink can help you to sleep better, as well as putting down your screens at least an hour before bed.



Questions?

Thanks so much again for choosing to take on this incredible challenge for British Heart Foundation (BHF). Medical breakthroughs don't just happen. Driven by love, your donations and the awe-inspiring research we fund, we make them happen together.

If you've got any questions at all, then please check out the [FAQs](#) on our website. If there's anything else we can help you with, give us a call on **0300 330 3322** or drop us an email to heretohelp@bhf.org.uk.

Best of luck with your training – we know you're going to smash it!

Live Chat on [bhf.org.uk](https://www.bhf.org.uk)

WhatsApp us: **07581 016 513**

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