

Tackle the Swimathon Weekend 2.5k Challenge with 2012 ambassador Duncan Goodhew



Congratulations for entering the world's biggest swim.

With your help, Swimathon Weekend 2012 is going to be even bigger and better than ever before. We all want your experience to be a really rewarding one that will make you glow with achievement!

"In our 25th Anniversary year, we'd love to add to the half a million people who have taken part in the event over the years to dive into pools up and down the country. Teaming up with the Big Splash is not only a great way to help make this happen, but should also boost the total funds raised for two important charities; Marie Curie Cancer Care and Sport Relief."

SWIMATHON 27-29 April 2012 *Weekend*

The Swimathon Weekend 2012 - the world's biggest fundraising swimming event - hits 645 pools across the UK between 27-29 April. In its 25th year, the event has joined forces with Marie Curie Cancer Care, the BBC's and British Swimming's Big Splash, and Sport Relief to give thousands of swimmers the opportunity to raise vital funds through Swimathon's traditional distance challenges and the new 'Big Splash Mile for Sport Relief'.

Through years of listening to our swimmers we know that there are a few simple ways to make the Swimathon experience the best it can be:

- 1) Understand who you are helping. Read up about Marie Curie Cancer Care and Sport Relief. Knowing exactly how you are assisting those who need your help will give you a greater sense of community and contribution taking part in the Swimathon Weekend.
- 2) Set yourself a fundraising goal. Reaching it or surpassing it will build on your sense of achievement and the feeling of doing something really worthwhile.

- 3) Monitoring your improvement in the pool will add another dimension to your achievement. By understanding your starting level of swimming capability you can watch and enjoy your improvement. Time yourself, swim until you feel breathless. Note how many lengths you have swum and how long it has taken. By doing this once every couple of weeks you can test yourself against your starting point (SP). Every few weeks you can see how much faster you can swim or how much further you have swum in the same time.
- 4) But first, let's get your head in the right place. Your attitude towards training will be key to how much you enjoy your Swimathon Weekend experience. By working on yourself you can learn and develop new skills that you'll be able to use in other areas of your life.
- 5) Here's how it works: identify what you can say to yourself that will help. For instance, "I'm tired, it's cold and raining and Swimathon is still five weeks away. I really don't think I've the energy to swim today" can easily become "I've had a long day and a swim is going to really refresh me. I felt so much better after my last swim and I'm looking forward to diving in and putting my hassles behind me."

Follow this golden advice and you'll be more than ready to take on the Swimathon challenge at your nearest participating pool.

Either go online to www.swimathon.org or call 0845 36 700 36 to find out more.

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Session 1




2.5k training plan



Get started and you'll soon be going to great lengths!

For this session you'll need: 30 minutes, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim 4 lengths using a stroke of your choice 	Easy	Up to 1 minute after the 4 lengths
	<ul style="list-style-type: none"> Swim for 3 minutes using a stroke of your choice – without resting 		Up to 1 minute after the 3 minutes
Main session	<ul style="list-style-type: none"> Hold a float in front of you and kick for 6 lengths using breaststroke or front crawl 	Moderate	1 minute after each length
	<ul style="list-style-type: none"> Swim 12 lengths using a stroke of your choice 		45 seconds every 2 lengths
Swim down	<ul style="list-style-type: none"> Swim for 3 minutes using a stroke of your choice – without resting 	Easy	

Session target - 850m (34 lengths)

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Back in the pool, the perfect way to boost your training

For this session you'll need: approx 35 minutes, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 4 minutes using a stroke of your choice – without resting 	Easy	Up to 1 minute after the 4 minutes
Main session	<ul style="list-style-type: none"> Swim 16 lengths front crawl 	Moderate	45 seconds every 2 lengths
	<ul style="list-style-type: none"> Lying on your back hold a float above your head or to your chest and kick for 8 lengths using backstroke If you don't have a float your arms can be by your sides or straight above you in a streamlined position 		1 minute after each length
Swim down	<ul style="list-style-type: none"> Swim for 3 minutes using a stroke of your choice – without resting 	Easy	

Session target - 950m (38 lengths)

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You're looking fitter already; keep swimming to go the distance!

For this session you'll need: approx 40 minutes, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 5 minutes using as many different strokes as you can – without resting 	Easy	Up to 1 minute after the 4 minutes
Main session	<ul style="list-style-type: none"> Swim 8 lengths using your favourite stroke 	Moderate to hard	30 seconds after each length
	<ul style="list-style-type: none"> Swim for 10 minutes using front crawl. Aim to swim as many lengths as possible. Keep count! 		1 minute after the 10 minutes
Swim down	<ul style="list-style-type: none"> Hold a float in front of you and kick for 6 lengths using front crawl Swim for 3 minutes using a stroke of your choice – without resting 	Easy	1 minute after each length

Session target - 1250m (50 lengths)

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**See how much you've improved already.
Use that great feeling to keep you going.**

For this session you'll need: approx 45 minutes, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 3 minutes using a stroke of your choice – without resting 	Easy	Up to 1 minute after the 3 minutes
	<ul style="list-style-type: none"> Swim 6 lengths using at least three different strokes 		45 seconds after each length
Main session	<ul style="list-style-type: none"> Swim 20 lengths using front crawl or breaststroke. Try and increase your speed every second length 	Moderate to hard	30 seconds every 2 lengths
	<ul style="list-style-type: none"> Hold a float in front of you and kick for 10 lengths using a stroke of your choice Build your speed from slow to fast 		45 seconds after each length
	<ul style="list-style-type: none"> Swim for 5 minutes using a different stroke to the one you used for kick – without resting Try to pick up your speed after each minute 		
Swim down	<ul style="list-style-type: none"> Swim 8 lengths using a stroke of your choice. This can include holding a float in front of you and kicking if you wish 	Easy	1 minute after each length

Session target - 1450m (58 lengths)

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Train hard and you will glow with achievement

For this session you'll need: approx 50 minutes, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 3 minutes using a stroke of your choice – without resting 	Easy	Up to 1 minute after the 3 minutes
	<ul style="list-style-type: none"> Hold a float in front of you and kick for 6 lengths using your favourite stroke 		15 seconds after each length
Main session	<ul style="list-style-type: none"> Swim 24 lengths using your favourite stroke Increase your speed every 4 lengths 	Hard	30 seconds every 4 lengths
	<ul style="list-style-type: none"> Hold a float in front of you and kick for 18 lengths using your favourite stroke Increase your speed every 3 lengths 		30 seconds every 3 lengths
Swim down	<ul style="list-style-type: none"> Swim for 6 minutes using three different strokes. This can include holding a float in front of you and kicking if you wish 	Easy	

Session target - 1650m (66 lengths)

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2.5k training plan

Monitoring your improvement will add another dimension to your achievement. Keep going!

For this session you'll need: approx 50 minutes, a hat (if required), goggles, kick board, pull buoy, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim 16 lengths using a stroke of your choice – without resting. Try to use 3 different strokes 	Easy	Up to 1 minute after 16 lengths
Main session	<ul style="list-style-type: none"> Hold a float between your legs or cross your feet and use just your arms for 8 lengths using your favourite stroke 	Hard	30 seconds every 2 lengths
	<ul style="list-style-type: none"> Swim 8 lengths using your favourite stroke Alternate between a slow and fast pace each length 		30 seconds after each length
	<ul style="list-style-type: none"> Swim 12 lengths using your favourite stroke Alternate between a slow and fast pace every 2 lengths 		20 seconds every two lengths
	<ul style="list-style-type: none"> Swim 8 lengths using your favourite stroke Alternate between a slow and fast pace each length 		10 seconds after 4 lengths
Swim down	<ul style="list-style-type: none"> Swim 12 lengths using a mixture of strokes 	Easy	1 minute every 3 lengths

Session target - 1800m (72 lengths)

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2.5k training plan

Keep training hard, you will feel great after this session!

For this session you'll need: approx 50 minutes, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 6 minutes using a stroke of your choice – without resting 	Easy	Up to 1 minute after the 6 minutes
Main session	<ul style="list-style-type: none"> Swim 12 lengths using front crawl Alternate between a slow and fast pace each length 	Hard	20 seconds after each length
	<ul style="list-style-type: none"> Swim 16 lengths using a stroke of your choice Try to maintain the same pace for each set of 4 lengths 		30 seconds every 4 lengths
	<ul style="list-style-type: none"> Swim 12 lengths using front crawl Build your pace from slow to fast each length 		20 seconds after each length
	<ul style="list-style-type: none"> Swim 16 lengths using a stroke of your choice Try to maintain the same pace for each set of 4 lengths 		30 seconds after 4 lengths
Swim down	<ul style="list-style-type: none"> Swim for 4 minutes – without resting. Use at least three different strokes 	Easy	

Session target - 1900m (76 lengths)

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Need a boost while training? Just think of all the people you will help with your sponsorship money

For this session you'll need: approx 50 minutes, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 6 minutes using as many different strokes as you can – without resting 	Easy	Up to 1 minute after the 6 minutes
Main session	<ul style="list-style-type: none"> Swim for 12 minutes using a stroke of your choice – without resting Change your speed after every 2 lengths. Count how many lengths you do 	Hard	30 seconds after the 9 minutes
	<ul style="list-style-type: none"> Swim the same amount of lengths as you managed in the first 12 minutes using the same stroke 		
	<ul style="list-style-type: none"> Hold a float between your legs or cross your feet and use just your arms for 4 minutes using a different stroke from above Change your speed every 2 lengths 		1 minute after the 4 minutes
Swim down	<ul style="list-style-type: none"> Swim 6 lengths using a stroke of your choice 	Easy	1 minute every 2 lengths

Session target - 2000m (80 lengths)

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Celebrate your success! You're nearly there.

For this session you'll need: approx 50 minutes, a hat (if required), goggles, kick board, pull buoy, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 6 minutes using a backstroke and front crawl – without resting 	Easy	Up to 1 minute after the 6 minutes
	<ul style="list-style-type: none"> Swim 24 lengths using a stroke of your choice as: <ul style="list-style-type: none"> – 2 lengths holding a float in front of you and kicking – 2 lengths holding a pull buoy between your legs or crossing your feet and just using your arms 	Moderate to Hard	15 seconds every 2 lengths
Main session	<ul style="list-style-type: none"> Swim for 20 minutes using your favourite stroke – without resting Aim to complete as many lengths as possible 		1 minute after the 20 minutes
Swim down	<ul style="list-style-type: none"> Hold a float in front of you and kick for 4 lengths using a stroke of your choice 	Easy	1 minute after each length

Session target - 2200m (88 lengths)

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2.5k training plan

CONGRATULATIONS!! This is the last session in your ten week training plan. Enjoy every length and good luck with your Swimathon challenge!

For this session you'll need: approx 50 minutes, a hat (if required), goggles, kick board, pull buoy, drinks bottle (pre, during, post), energy bar (post training)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 6 minutes alternating between 2 lengths front crawl and 1 length backstroke – without resting 	Easy	Up to 1 minute after the 5 minutes
Main session	<ul style="list-style-type: none"> Swim 72 lengths using your favourite stroke as: <ul style="list-style-type: none"> – 4 lengths normal swimming – 4 lengths holding a float in front of you and kicking – 4 lengths holding a pull buoy between your legs or with your feet crossed and using just your arms 	Hard	30 seconds every 12 lengths
Swim down	<ul style="list-style-type: none"> Hold a float in front of you and kick for 8 lengths using a stroke of your choice Swim for 6 minutes using a stroke of your choice – without resting 	Easy	1 minute every 4 lengths

Session target - 2600m (104 lengths)

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