

Conquer the Swimathon Weekend 5k Challenge with Keri-Anne Payne



Current World 10km swimming champion - and Olympic silver medallist - Keri-Anne Payne eats her way through four hours of pool work every day; work that paid off when she followed up her silver in Beijing with back-to-back World Championship golds in Rome and Shanghai. She can now justifiably claim to be GB's best-ever distance swimmer.

Keri-Anne is here to help everyone who has entered the 5k Swimathon Weekend Challenge.

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'.

As a complement to her a training plan, Keri-Anne's top tips are:

- 1) Keep your head steady. To achieve the best possible body position while swimming focus on ensuring your head makes a smooth and stable course through the water with your back following the same trail calmly in its wake. Your head is heavy so has the biggest influence on your movement through water. Hold it high and your legs sink. Burying it in the water will make your bottom stick out!
- 2) Streamline yourself. Think of streamlining as reaching out in front of yourself. Many people start their front crawl stroke with a slight bend in the elbow which creates unnecessary drag. Stretch forward to the point where the top of your shoulder touches your cheek. Remember to maintain stillness and stability in your stroke and keep your head still in the water - the reaching out should not change the trajectory of your head.

3) Training your body with routine. Repeating the same workout means your body responds and adapts. Once it has adapted then it is time to push your body harder or change the routine to tax other muscle groups or body systems - short sprints will build strength while long distance works the cardiovascular system for endurance. Strength training builds muscle so every day you burn more energy. Endurance training will increase stamina and burn more body fat.

4) Gradually increase effort. The object is to see a gradual sustainable improvement. By limiting your increase in effort to no more than 10% you are unlikely to become too tired or sore. This will mean you are less likely to miss your next session. Your main goal should be consistency as fitness will be gained over time.

5) Flexibility. Swimming will naturally improve the suppleness of your muscles. However, it is an extremely good idea to stretch your muscles and work on joint mobility regularly. This is a key area of health and fitness that is often overlooked at a cost.

6) Be supported by the wonders of water. When you are in water it cocoons and supports you, which is why astronauts train in it. It gives them a sense of weightlessness. Try to turn off your land/gravity based response system. In water all you need to do is relax and let the water take the strain.

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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5k training plan

Session 1

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

For this session you'll need: approx 1 hour, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim 8 lengths using a stroke of your choice 	Easy	Up to 1 minute after the 8 lengths
	<ul style="list-style-type: none"> Swim for 6 minutes using a stroke of your choice – without resting 		Up to 1 minute after the 6 minutes
Main session	<ul style="list-style-type: none"> Hold a float in front of you and kick for 12 lengths using breaststroke or front crawl 	Moderate	45 seconds after each length
	<ul style="list-style-type: none"> Swim 24 lengths using a stroke of your choice 		45 seconds every 2 lengths
Swim down	<ul style="list-style-type: none"> Swim for 4 minutes using a stroke of your choice – without resting 	Easy	

Session target - 1600m (64 lengths)

Main session target heart rate:

50-60 beats below max heart rate (BBMHR)

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Session 2

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

For this session you'll need: approx 1 hour, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 8 minutes alternating 4 lengths front crawl and 4 lengths backstroke – without resting 	Easy	Up to 1 minute after the 8 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 12 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
	<ul style="list-style-type: none"> Swim 16 lengths front crawl Aim to get faster from lengths 1 to 8 and then again from lengths 9 to 16 		30 seconds every 2 lengths
Swim down	<ul style="list-style-type: none"> Swim for 6 minutes using a stroke of your choice – without resting 	Easy	

Session target - 1800m (72 lengths)

Main session target heart rate:

50-60 beats below max heart rate (BBMHR)

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Session 3

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

For this session you'll need: approx 1 hour, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

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 5 minutes
Main session	<ul style="list-style-type: none"> Swim 24 lengths using your favourite stroke 	Moderate to hard	30 seconds every 4 lengths
	<ul style="list-style-type: none"> Swim for 15 minutes using front crawl Aim to keep an even pace but swim as many lengths as possible. Keep count! 		
Swim down	<ul style="list-style-type: none"> Hold a float in front of you and kick for 8 lengths using front crawl 	Easy	1 minute after each length
	<ul style="list-style-type: none"> Swim for 4 minutes using a stroke of your choice – without resting 		

Session target - 2000m (80 lengths)

Main session target heart rate:

40-50 below max heart rate (BBMHR)

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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 1 hour, a hat (if required), goggles, kick board, pull buoy, drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

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
	<ul style="list-style-type: none"> Swim 8 lengths using at least three different strokes 		45 seconds after each length
Main session	<ul style="list-style-type: none"> Wearing hand paddles, hold a pull buoy between your legs or cross your feet and use just your arms for 30 lengths using your favourite stroke Try to keep the same stroke count for every set of 3 lengths 	Moderate to hard	30 seconds every 3 lengths
	<ul style="list-style-type: none"> Swim 20 lengths using front crawl or breaststroke Increase your speed on every second length 		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 on each length 		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 every 2 lengths 		
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 - 2350m (94 lengths)

Main session target heart rate:

40-50 beats below max heart rate (BBMHR)

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Train hard and you will glow with achievement

For this session you'll need: approx 1 hour, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

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 Hold a float in front of you and kick for 8 lengths using your favourite stroke 	Easy	Up to 1 minute after the 4 minutes 15 seconds after each length
Main session	<ul style="list-style-type: none"> Swim 40 lengths using your favourite stroke Increase your speed every 4 lengths between lengths 1-20 and then again between lengths 21-40 	Hard	30 seconds every 4 lengths
	<ul style="list-style-type: none"> Hold a float in front of you and kick for 8 lengths using your favourite stroke. Increase your speed for the last 4 lengths 		30 seconds after each length
	<ul style="list-style-type: none"> Hold a float and kick for 8 lengths using your favourite stroke. In each set of 4 lengths make the second 2 lengths faster than the first 		20 seconds every 4 lengths
	<ul style="list-style-type: none"> Hold a float in front of you and kick for 8 lengths using your favourite stroke. Increase your speed every 2 lengths 		10 seconds every 2 lengths
Swim down	<ul style="list-style-type: none"> Swim for 8 minutes using three different strokes. This can include holding a float in front of you and kicking if you wish 	Easy	

Session target - 2400 (96 lengths)

Main session target heart rate:

40-30 below max heart rate (BBMHR)

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

For this session you'll need: approx 1 hour, a hat (if required), goggles, kick board, pull buoy, hand paddles (optional), drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim 24 lengths using three different strokes – without resting 	Easy	Up to 1 minute after 24 lengths
Main session	<ul style="list-style-type: none"> Wearing hand paddles, hold a pull buoy between your legs or cross your feet and use just your arms for 16 lengths using front crawl Try to maintain an even pace throughout 	Hard	20 seconds every 4 lengths
	<ul style="list-style-type: none"> Swim 16 lengths using your favourite stroke. Alternate between a slow and fast pace each length 		
	<ul style="list-style-type: none"> Wearing hand paddles, hold a pull buoy between your legs or cross your feet and use just your arms for 16 lengths using front crawl Try to maintain an even pace throughout 		20 seconds every 4 lengths
	<ul style="list-style-type: none"> Swim 16 lengths using your favourite stroke In each set of 8 lengths aim to increase your speed from lengths 1-4 and the again between lengths 5-8 Swim 18 lengths using a mixture of strokes 		
Swim down	<ul style="list-style-type: none"> Swim 18 lengths using a mixture of strokes 	Easy	1 minute every 3 lengths

Session target - 2650m (106 lengths)

Main session target heart rate:

30-20 BBMHR below max heart rate (BBMHR)

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

For this session you'll need: approx 1 hour, a hat (if required), goggles, kick board, pull buoy, hand paddles (optional), drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 6 minutes using a mixture of strokes – without resting 	Easy	Up to 1 minute after the 6 minutes
Main session	<ul style="list-style-type: none"> Swim for 20 minutes using a stroke of your choice – without resting 	Hard	1 minute after the 20 minutes
	<ul style="list-style-type: none"> Swim the same amount of lengths as you achieved above using the same stroke 		15 seconds after you have completed all of your lengths
	<ul style="list-style-type: none"> Wearing hand paddles, hold a pull buoy between your legs or cross your feet and swim for 4 minutes using a different stroke to the one you used above – without resting Change your speed every 2 lengths 		1 minute after the 4 minutes
Swim down	<ul style="list-style-type: none"> Swim 12 lengths using a stroke of your choice 	Easy	1 minute every 2 lengths

Session target - 2800m (112 lengths)

Main session target heart rate:

30-20 beats below max heart rate (BBMHR)

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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 1 hour, a hat (if required), goggles, kick board, drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

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 24 lengths using front crawl Maintain an even pace and stroke count 	Hard	15 seconds every 2 lengths
	<ul style="list-style-type: none"> Swim 32 lengths using a stroke of your choice In each set of 8 lengths aim to swim the second 4 lengths faster than the first 4 		30 seconds every 8 lengths
	<ul style="list-style-type: none"> Swim 24 lengths using front crawl. Maintain an even pace and stroke count. Aim to swim faster than the first set of 24 lengths 		15 seconds every 2 lengths
	<ul style="list-style-type: none"> Swim 32 lengths using a stroke of your choice Aim to make each set of 4 lengths faster than the previous set 		30 seconds every 8 lengths
Swim down	<ul style="list-style-type: none"> Swim for 4 minutes using three different strokes – without resting 	Easy	

Session target - 3300m (132 lengths)

Main session target heart rate:

30-20 beats below max heart rate (BBMHR)

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Celebrate your success! You're nearly there.

For this session you'll need: approx 1 hour 15 minutes, a hat (if required), goggles, kick board, pull buoy, hand paddles (optional), drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

Session area	Session set	Effort level	Rest period
Warm up	<ul style="list-style-type: none"> Swim for 6 minutes using backstroke and front crawl – without resting 	Easy	Up to 1 minute after the 6 minutes
Main session	<ul style="list-style-type: none"> Swim 48 lengths using a stroke of your choice Alternate between 4 lengths holding a float in front of you and kicking and 4 lengths holding a pull buoy between your legs or crossing your feet and using just your arms 	Moderate to hard	15 seconds every 2 lengths
	<ul style="list-style-type: none"> Swim 24 lengths as: <ul style="list-style-type: none"> – 2 lengths front crawl – 2 lengths breaststroke – 2 lengths backstroke – Repeat above 		15 seconds every 12 lengths
	<ul style="list-style-type: none"> Swim 12 lengths using your favourite stroke. Increase your speed from slow to fast on each length 		1 minute after each length
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 4 minutes using a stroke of your choice – without resting 	Easy	1 minute after 8 lengths

Session target - 2800m (112 lengths)

Main session target heart rate:

40-30 beats below max heart rate (BBMHR)

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Session 10

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 1 hour 15 minutes, a hat (if required), goggles, kick board, pull buoy, hand paddles (optional), drinks bottle (pre, during, post), energy bar (post training), heart rate monitor (optional)

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 6 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 	Moderate	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)

Main session target heart rate:

40-50 beats below max heart rate (BBMHR)

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