



Sink 2 Swim: 1 Mile Beginner Training Guide

You can find out more by visiting: www.durham.gov.uk/swimming
Challenge taken from the Kidney Research UK 1 mile Swim Training Guide



Durham
County Council



The 1 mile swim is a great challenge to take part in; it serves both as an ideal introduction to swimming and also a meaningful challenge in its own right. This beginner's training guide focuses on everything you need to do to complete the challenge.

Week No. 1		First Steps (1)
Day	Training	Training notes
Mon	Easy 5 minutes warm up with a few lengths walking the pool with shoulder rotations, getting used to the water. 10 minute light swim using breast stroke. 5 minute cool down with walking and shoulder rotations.	Don't worry about pace, look to complete the session.
Tues	Rest	
Wed	Rest	
Thurs	Rest	
Fri	Easy 5 minutes warm up with a few lengths walking the pool with shoulder rotations, getting used to the water. 10 minute light swim using breast stroke. 5 minute cool down with walking and shoulder rotations.	Take it easy with a light warm up and cool down.
Sat	Rest	
Sun	Rest	

Week No. 2		First Steps (2)
Day	Training	Training notes
Mon	Easy 5 minutes warm up with a few lengths walking the pool with shoulder rotations, getting used to the water. 10 minute light swim using breast stroke. 5 minute cool down with walking and shoulder rotations.	Take it easy and warm up and cool down.
Tues	Rest	
Wed	Rest	
Thurs	5-10 minute light swim using breast stroke, 5 minute light swim using front crawl.	Take it easy and warm up and cool down, same as previously mentioned.
Fri	Rest	Double rest day before Sunday's bigger effort.
Sat	Rest	
Sun	5-10 minute light swim using breast stroke, 5 minute light swim using front crawl.	3 swims this week so keep this session very relaxed if you need to.

Week No. 3		Building (1)
Day	Training	Training notes
Mon	Rest	Recovery from Sunday's session.
Tues	15 lengths is the target using front crawl as your stroke. Take rests during lengths where needed, if not try make the lengths without a break.	From now on keep the warm up and warm down consistent.
Wed	Rest	
Thurs	18 lengths is the target using front crawl as your stroke. Take rests during lengths where needed, if not try make the lengths without a break.	
Fri	Rest	Double rest day before Sunday's longer session.
Sat	Rest	
Sun	20 lengths is the target using front crawl as your stroke. Take rests during lengths where needed, if not try make the lengths without a break.	Take rests during lengths where needed, if not try to make the lengths without a break.

Week No. 4		Building (2)
Day	Training	Training notes
Mon	Rest	
Tues	20 lengths is the target using front crawl as your stroke. Break the 20 lengths into 2 sections, two sets of 10 lengths. Complete both sets with no rest in-between. Have 2-3 minutes to catch your breath in-between sets.	
Wed	Rest	
Thurs	26 lengths is the target using front crawl as your stroke. Break the 26 lengths into 2 sections, two sets of 13 lengths. Complete both sets with no rest in-between. Have 2-3 minutes to catch your breath in-between sets.	
Fri	Rest	
Sat	Rest	
Sun	20 lengths is the target. Complete these in sets of 2 lengths, so 10 sets of 2 lengths. Do 2 lengths as quickly as possible, then rest for 1-2 minutes. Repeat this till you reach your target of 20 lengths.	Start the inclusion of some interval based training, quicker lengths with longer rest.

Week No. 5		Building (3)
Day	Training	Training notes
Mon	Rest	2 rest days after Sunday's efforts as interval training is tough.
Tues	Rest	
Wed	30 lengths is the target using front crawl as your stroke. Break the 30 lengths into 3 sections, 3 sets of 10 lengths. Complete all 3 sets with no rest in-between. Have 2-3 minutes to catch your breath in-between sets.	Keep the pace easy and manageable but try and swim non-stop.
Thurs	Rest	
Fri	10 lengths easy front crawl with no break. Rest, then 3 lengths of kicking holding the float, this will improve your kick, rest in-between each length. 3 lengths of arm only with the leg buoy between your legs, rest in-between each length. 2 sets of 5 lengths of front crawl, take a 1-3 minute rest between the 2 sets.	Grab a float and leg buoy from the pool staff, today you will need it. Cool down properly after a more tasking session today.
Sat	Rest	
Sun	25 lengths non-stop front crawl at a manageable pace.	Target: non-stop swimming.

Week No. 6		Recovery and consolidation
Day	Training	Training notes
Mon	Rest	
Tues	10 lengths breast stroke, 10 lengths easy front crawl.	Easier recovery week.
Wed	Rest	Easy session.
Thurs	Same as Tuesday but non-stop, no rest, easy pace.	
Fri	Rest	
Sat	Rest	
Sun	10 lengths breast stroke non-stop, 10 lengths easy front crawl non-stop, 3 sets of 2 lengths front crawl at a sprint pace – work pretty hard with 2-3 minutes rest in-between.	Stepping up the pace slightly in preparation for next week.

Week No. 7		Stepping up the pace, intensity and volume
Day	Training	Training notes
Mon	Rest	
Tues	25 lengths non-stop front crawl.	
Wed	Rest	
Thurs	10 lengths easy front crawl with no break. Rest, then 5 lengths of kicking holding the float. 5 lengths of arm only with the leg buoy between your legs, rest in-between each length. 2 sets of 5 lengths of front crawl, take a 1-3 minute rest between the 2 sets.	These sessions will now make you stronger and more able to handle the increased load/distance.
Fri	Rest	
Sat	Rest	
Sun	32 lengths non-stop front crawl – half way target.	Non-stop.

Week No. 8		Non-stop training and more intervals
Day	Training	Training notes
Mon	Rest	
Tues	40 lengths non-stop front crawl.	
Wed	Rest	
Thurs	10 lengths breast stroke non-stop, 10 lengths front crawl non-stop, 6 sets of 2 lengths front crawl at a sprint pace – work pretty hard with 2-3 minutes rest in-between.	Now mixing in more interval based sprints for swimming strength.
Fri	Rest	
Sat	Rest	
Sun	4 lengths breast stroke, 42 lengths non-stop front crawl.	



Week No. 9		Getting tougher...
Day	Training	Training notes
Mon	Rest	
Tues	10 lengths easy front crawl with no break. Rest, then 5 lengths of kicking holding the float. 5 lengths of arm only with the leg buoy between your legs, rest in-between each length. 2 sets of 3 lengths of front crawl at a quick pace, take a 1-3 minute rest between the 3 sets. 5 lengths breast stroke.	
Wed	Rest	
Thurs	Rest	
Fri	50 lengths non-stop front crawl.	Close to our target...
Sat	Rest	
Sun	40 lengths non-stop front crawl, 5 sets of 2 lengths at a sprint pace, only 1-2 minute rest in-between each set.	Building up stamina and strength.

Week No. 10		Extending longer swims and more sprints
Day	Training	Training notes
Mon	Rest	
Tues	Rest	
Wed	10 lengths easy front crawl with no break. Rest, then 6 lengths of kicking holding the float. 6 lengths of arm only with the leg buoy between your legs, rest in-between each length. 2 sets of 5 lengths of front crawl at a quick pace, take a 1-3 minute rest between the 3 sets. 5 lengths of front crawl, easy pace. 5 lengths of breast stroke cool down.	Hard session, be well fuelled and hydrated.
Thurs	Rest	
Fri	10 lengths non-stop front crawl, 10 lengths non-stop breast stroke.	Easier session in preparation for Sunday.
Sat	Rest	
Sun	56 lengths non-stop front crawl	Biggest distance yet!

Week No. 11		Peak week
Day	Training	Training notes
Mon	Rest	Final hard week.
Tues	10 lengths easy front crawl with no break. Rest, then 7 lengths of kicking holding the float. 7 lengths of arm only with the leg buoy between your legs, rest in-between each length. 2 sets of 6 lengths of front crawl at a fast but controlled pace, take a 1-3 minute rest between the 2 sets. 2 sets of 2 lengths at sprint pace, only 45 seconds rest in-between. 5 lengths of front crawl, easy pace.	Hard session, ensure an adequate recovery meal.
Wed	Rest	
Thurs	40 lengths non-stop front crawl, rest, 5 sets of 4 lengths at a faster pace, 1-3 minutes rest in-between, rest, 5 sets of 2 lengths at a sprint pace with 1-3 minutes rest in-between. 4 lengths easy breast stroke.	
Fri	Rest	
Sat	Rest	
Sun	64 Lengths at non-stop front crawl race pace. Choose your speed, be comfortable and complete the 64 lengths so we know we have the ability to complete the race.	Last long session.

Week No. 12		Taper week and RACE!
Day	Training	Training notes
Mon	Rest	
Tues	10 lengths breast stroke non-stop, 10 lengths non-stop front crawl.	Easy non-stop swimming.
Wed	Rest	
Thurs	25-30 lengths non-stop front crawl.	
Fri	Rest	Double rest before Sunday's big target.
Sat	Rest	
Sun	RACE DAY	The big one... enjoy your event!

Motivation

Staying motivated can be one of the toughest aspects of training. Bad weather, work, family and friends can all make it difficult to stay focused and keep keen. To stay enthusiastic make sure you do the following:

- Keep a balance. Training should not “get in the way” of life. Make sure you maintain previous commitments to work, family and friends.
- Remember why you chose to train and what you have achieved since beginning
- Read an inspiring story or autobiography
- Talk to other swimmers

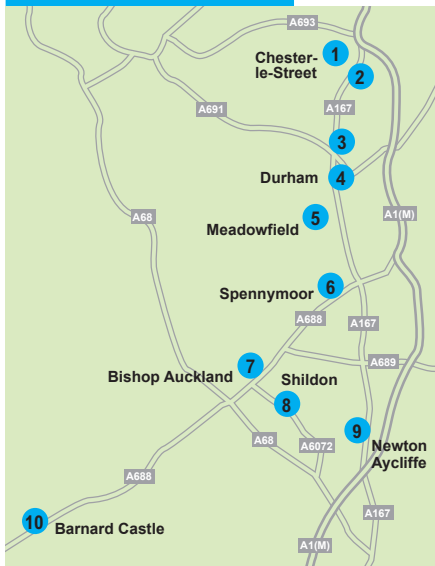
Good Luck!

You have come to the end of the schedule, and your fitness has improved dramatically from little or no cardiovascular (CV) activity, to being able to complete a 1 mile swimming event. You will have made significant health and fitness gains, and equally importantly, you have progressed safely.

Enjoy your event and good luck.

For more information please contact your local leisure centre.

Find a centre near you:



- 1 **Chester-le-Street Leisure Centre** 03000 266 444
- 2 **Riverside Leisure Complex** 03000 266 447
- 3 **Abbey Leisure Centre** 03000 266 443
- 4 **Freeman's Quay Leisure Centre** 03000 268 488
- 5 **Meadowfield Leisure Centre** 03000 266 445
- 6 **Spennymoor Leisure Centre** 03000 261 161
- 7 **Woodhouse Close Leisure Complex** 03000 261 322
- 8 **Shildon-Sunnydale Leisure Centre** 03000 266 448
- 9 **Newton Aycliffe Leisure Centre** 03000 266 446
- 10 **Teesdale Leisure Centre** 03000 260 862

Pool - 