

## Swim Run Jersey - Six Week Sprint Training Plan

Written by Sarah Richardson and Richard Stannard (Current World Ranked 3rd Mixed Pair)

<b>Week 1</b>	3 swims / 3 runs Including full kit swimrun session	<p>Pool swim: long aerobic swim min 1500m</p> <p>Pool swim: warm up 300-600m, main set 10 x 100m (rest 30 secs). Aim maintain time or get quicker throughout. 4 x 25m sprint, rest 60 secs, swim down 100 easy</p> <p>Pool swim: warm up 500-700m, 2 x 8 x 50m sprints (off 90 secs), warm down</p> <p>Steady run 30 mins</p> <p>Steady run 45 mins</p> <p>Interval run session: warm up 15 min easy, 12 x 400m (rest 30 secs). Aim to hold consistent pace or get quicker throughout. Not flat out but faster than race pace</p> <p>Swimrun in full kit at open water venue for 90 mins</p>
<b>Week 2</b>	4 swims / 3 runs Including full kit swimrun session	<p>Pool swim: long aerobic swim min 1500m</p> <p>Pool swim: warm up 300-600m, main set 12 x 100m (rest 30 secs). Aim maintain time or get quicker throughout. 4 x 25m sprint, rest 60 secs, swim down 100 easy</p> <p>Pool swim: warm up 500-700m, 2 x 8 x 50m sprints (off 90 secs), warm down</p> <p>1 x open water swim (1-2km)</p> <p>Steady run 30 mins</p> <p>Steady run 45 mins</p> <p>Interval run session: warm up 15 min easy, 14 x 400m (rest 30 secs). Aim to hold consistent pace or get quicker throughout. Not flat out but faster than race pace</p> <p>Swimrun in full kit at open water venue for 2 hours</p>
<b>Week 3</b>	4 swims / 4 runs Including full kit swimrun session	<p>Pool swim: long aerobic swim min 1500m</p> <p>Pool swim: warm up 300-600m, main set 14 x 100m (rest 30 secs). Aim maintain time or get quicker throughout. 4 x 25m sprint, rest 60 secs, swim down 100 easy</p> <p>Pool swim: warm up 500-700m, 2 x 8 x 50m sprints (off 90 secs), warm down</p> <p>1 x open water swim (1-2km)</p> <p>Steady run 30 mins</p> <p>Steady run 45 mins</p> <p>Interval run session: warm up 15 min easy, 16 x 400m (rest 30 secs). Aim to hold consistent pace or get quicker throughout. Not flat out but faster than race pace</p> <p>Undulating technical off road steady run 30 mins</p> <p>Swimrun in full kit at open water venue for 2 hours 30 mins</p>
<b>Week 4</b>	4 swims / 4 runs Including full kit swimrun session	<p>Pool swim: long aerobic swim min 1500m</p> <p>Pool swim: warm up 300-600m, main set 16 x 100m (rest 30 secs). Aim maintain time or get quicker throughout. 4 x 25m sprint, rest 60 secs, swim down 100 easy</p> <p>Pool swim: warm up 500-700m, 2 x 8 x 50m sprints (off 90 secs), warm down</p> <p>1 x open water swim (1-2km)</p> <p>Steady run 30 mins</p> <p>Steady run 45 mins</p> <p>Interval run session: warm up 15 min easy, 18 x 400m (rest 30 secs). Aim to hold consistent pace or get quicker throughout. Not flat out but faster than race pace</p> <p>Undulating technical off road steady run 30 mins</p> <p>Swimrun in full kit at open water venue for 3 hours</p>
<b>Week 5</b>	5 swims / 4 runs Including full kit swimrun session	<p>1 x long aerobic swim min 1500m</p> <p>1 x swim warm up 300-600m, main set 18 x 100m (rest 30 secs). Aim maintain time or get quicker throughout. 4 x 25m sprint, rest 60 secs, swim down 100 easy</p> <p>1 x swim: warm up 500-700m, 2 x 8 x 50m sprints (off 90 secs), warm down</p> <p>1 x open water swim (1-2km)</p> <p>1 x open water swim (in swimrun kit i.e. trainers, pull bouys, paddles) 1-2km with 20 sprint strokes as you pass each swim bouy</p> <p>Steady run 30 mins</p> <p>Steady run 45 mins</p> <p>Interval run session: warm up 15 min easy, 20 x 400m (rest 30 secs). Aim to hold consistent pace or get quicker throughout. Not flat out but faster than race pace</p> <p>Undulating technical off road steady run 30 mins</p> <p>Swimrun in full kit at open water venue for 3 hours 30 mins</p>
<b>Week 6</b>	3 swims / 3 runs	<p>1 x swim warm up 300-600m, main set 10 x 100m (rest 30 secs). Aim maintain time or get quicker throughout. 4 x 25m sprint, rest 60 secs, swim down 100 easy</p> <p>1 x swim: warm up 500-700m, 1 x 8 x 50m sprints (off 90 secs), warm down</p> <p>1 x open water swim (1-2km)</p> <p>2 x steady run 30 mins</p> <p>Steady run 45 mins</p> <p>Swimrun RACE!</p>

NB: all swims are wetsuit or if in a pool, swimsuit