

BEGINNER SWIMMING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	Swimming lesson or class	REST	Core work – ie. pilates class	Swim – endurance 800m + stretch	Walk or Gym Class or Yoga	30-45 mins brisk walk or easy run or cross trainer or bike + stretch
2	REST	Swimming lesson or class	Swim – endurance 800m + stretch	Core work – ie. pilates class	Swim – Intervals 800m + stretch	Walk or Gym Class or Yoga	30-45 mins brisk walk or easy run or cross trainer or bike + stretch
3	REST	Swimming lesson or class	Swim – endurance 800m + stretch	Core work – ie. pilates class	Swim – Intervals 800m + stretch	Walk or Gym Class or Yoga	30-45 mins brisk walk or easy run or cross trainer or bike + stretch
4	REST	Swimming lesson or class	REST	Core work – ie. pilates class	Swim – endurance 1,000m + stretch	REST	45 mins brisk walk or easy run or cross trainer or bike + stretch
5	REST	Swimming lesson or class	Swim – endurance 1,000m + stretch	Core work – ie. pilates class	Swim – Intervals 1,000m + stretch	Walk or Gym Class or Yoga	45 mins brisk walk or easy run or cross trainer or bike + stretch
6	REST	Swimming lesson or class	Swim – endurance 1,200m + stretch	Core work – ie. pilates class	Swim – intervals 1,000 + stretch	Walk or Gym Class or Yoga	45 mins brisk walk or easy run or cross trainer or bike + stretch
7	REST	Swimming lesson or class	Swim – endurance 1,400m + stretch	Core work – ie. pilates class	Swim – Intervals 800m + stretch	Walk or Gym Class or Yoga	45 mins brisk walk or easy run or cross trainer or bike + stretch
8	REST	Swimming lesson or class	REST	Core work – ie. pilates class	Swim – endurance 1,500m + stretch	REST	45 mins brisk walk or easy run or cross trainer or bike + stretch
9	REST	Swimming lesson or class	Swim – endurance 1,500m + stretch	Core work – ie. pilates class	Swim – Intervals 800m + stretch	Walk or Gym Class or Yoga	64 x 25m lengths = 1 mile easy relaxed stroke
10	REST	Swimming lesson or class	REST	Core work – ie. pilates class	Swim – Intervals 400m + stretch	REST	SWIM EVENT!

Training plan courtesy of the British Heart Foundation

Following this 10 week programme is a great way to get started to either train for an event or for general fitness. For beginners it would be advisable to book some lessons to learn technique.