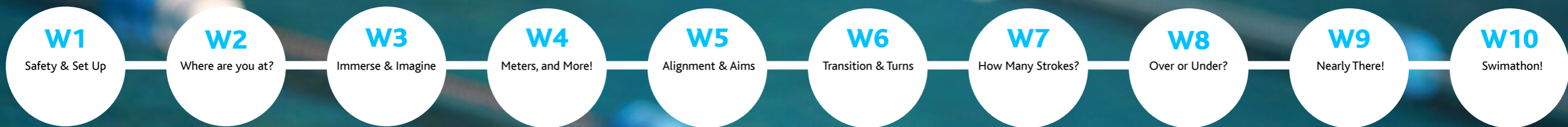


# SWIMATHON



## 400m 10 Week Training Plan





# Welcome to the Swimathon 2022 Training Plan!

I hope that you will have an amazing time on your journey, and that you challenge yourself to do something great, whilst supporting other people through your fundraising efforts!

As you begin your Swimathon experience, it is important to be aware of the importance of managing your own safety in an aquatic environment. You should only ever conduct swimming training sessions in the presence of qualified professional staff (swim teachers, swim coaches, lifeguards or similar) and you should only attempt activities that you know you are capable of. Adhering to these ideas will mean that you have a safe, fun and challenging experience with Swimathon.



You should also make sure that you are adequately equipped for your Swimathon training sessions and for your Swimathon challenge. This includes having a durable and streamlined swimming costume, a good set of goggles that fit your face, a drinks bottle for staying hydrated at the end of the pool and a big fluffy towel for getting warm afterwards. If you think you

will need a floatation device to get you through, please consult a professional as to which piece of equipment in this area is right for you.

Other equipment such as fins, pull buoys and kick boards may also help you along the way – though these are not essential for this training plan.

All of the training sessions for the Swimathon journey should be seen as a guide only. It may be appropriate you to do a lot more swimming, or it might be better if you did a bit less. All of the training sessions can be modified to include more or less distance based on your own abilities. The sessions can also be conducted once or twice in the week – again depending on your time and competency.

Best wishes for your challenge!

**Jolyon Finck**  
Head Swimathon Coach



Jolyon Finck is an Olympic swimming coach, who over the course of his 20-year swimming coaching career has tutored swimmers ranging from beginner level to elite international performers. With an SAL Gold Licence swimming qualification and degrees in Anatomical Science, Education and Sports Performance Management, Jolyon brings a unique quotient of both art and science to his pool side skills.



# 400m 10 Week Plan

# Plan Description

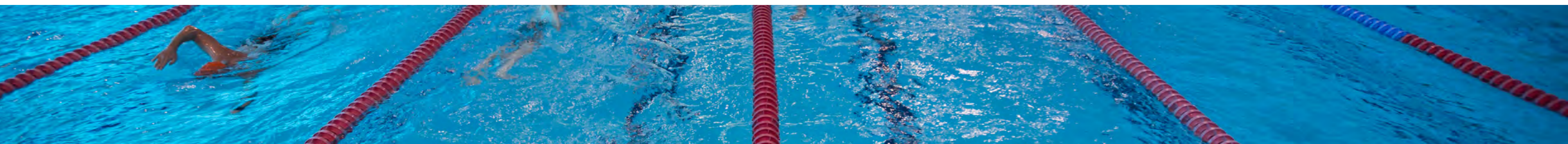
**S W I M A**

Week	1	2	3	4	5
Focus	Safety & Set Up	Where are you at?	Immerse & Imagine	Meters, and More!	Alignment & Aims
Session Distance (m)	75	100	125	150	175
Warm Up	25m slow swimming	25m slow swimming	25m slow swimming	25m slow swimming	25m slow swimming
Skill Development	N/A	N/A	25m Aquatic Animal Swimming	25m moving from slow to faster swimming	25m Alignment Swimming
Main Challenge	25m continuous swimming	50m continuous swimming	50m faster continuous swimming	75m faster continuous swimming	100m faster continuous swimming
Cool Down	25m slow swimming	25m slow swimming	25m slow swimming	25m slow swimming	25m slow swimming

**T H O N !**

Week	6	7	8	9	10
Focus	Transition & Turns	How Many Strokes?	Over or Under?	Nearly There!	Swimathon!
Session Distance (m)	200	250	300	350	400
Warm Up	25m slow swimming	25m Slow Swimming	25m slow swimming	25m slow swimming	25m slow swimming
Skill Development	2 x 25m slow swimming with fast transitions (start half way out from the wall if you are in a 25m pool)	2 x 25m swims counting strokes, getting faster on the second 25m	2 x 25m changing strokes between the two 25m	25m faster swimming holding great technique	2 x 25m your choice of Skill
Main Challenge	100m faster swimming with fast transitions	150m faster continuous swimming with long strokes and faster transitions	200m faster continuous swimming, changing strokes at least once, keeping transitions fast.	250m faster continuous swimming with long strokes, fast transitions and changing strokes if you want to	300m faster continuous swimming with all the skills!
Cool Down	25m slow swimming	25m slow swimming	25m slow swimming	25m slow swimming	25m slow swimming

Week	Letter	Headline	Description
1	S	Safety and Set Up	Here in week one, the program is all about getting you ready to go! Check that you have all your equipment ready, that you have a safe place to conduct your training session (under the watchful eyes of professionals) and that you are ready for the challenge!
2	W	Where are you at?	Week two of program is set to provide you with an understanding of where you are at with your swimming abilities. Are you able to make it to 50m of continuous swimming? If this seems a bit far at this stage, break it down into 2 x 25m, and go from there!
3	I	Immerse and Imagine	Have you ever watched a fish swimming in a fish tank? Or maybe you have seen a dolphin or even a whale having a swim? Use your imagination this week to channel your inner Aquatic Animal and have some fun thinking about – and trying out – how they move!
4	M	Meters, and More!	Now that you are into the fourth week of the program, things are starting to heat up a bit. Test out your ability to swim slowly, then gradually get faster and faster in the skill development 25m. Working out how to use your energy well at faster and slower speeds will help you to gain the meters as we go!
5	A	Alignment and Aims	Think about the number of times you have been told to 'Stand Up Straight' by your elders as they want you to have great posture. Posture is also important for swimming. Alignment Swimming involves having the longest back and neck you can muster whilst keeping your tummy muscles tight – try it out in today's session!
6	T	Transitions and Turns	Swimmers at the Olympic Games are always looking for tiny improvements to help them be the fastest they can be. One area that can help is by getting great at swimming turns or transitions. If you have been taught tumble turns by a professional, then this is the week to try them out. If you have not been taught to do these yet, then practice how fast you can touch the wall with your hands, and then get your feet to come under your body so you can push off!
7	H	How Many Strokes?	Counting your strokes over a given distance in the pool will help you to work out how efficiently you are swimming. This can be a great tool for you to use to monitor your rate of swimming improvement over the weeks of training. If you can go faster with the same number of strokes, you are going well!
8	O	Over or Under?	The four swimming strokes at the Olympic Games are Butterfly, Backstroke, Breaststroke and Freestyle. Which of these have you had a go at yet? If you have tried more than one, then this week is a chance to incorporate this into your training. A bit of Backstroke or Breaststroke (or maybe even Butterfly if you are toughly!) might help you to gain those extra meters in training and during your Swimathon challenge!
9	N	Nearly There!	Only two weeks to go until the big day, and a chance this week to put together a number of the skills and ideas that you have worked on over the past eight weeks! Think about stroke length, fast transitions or turns and maybe changing strokes if you think that might help!
10	!	SWIMATHON!	The final preparations for your Swimathon experience! This week the training session is up at 400m – the same distance as the Swimathon challenge. Use this week to make sure that you are totally prepared to give your best, and make sure you remember to smile and have fun!



# Good Luck & Enjoy It!

