

Swim the Channel: 6 Person Relay

Sample Training plan



Here are some sample sessions to help you prepare for swimming the channel as part of a six person relay.

Winter

Endurance: 2100	Speed: 2200	Technique: 2100
<p>Warm Up 4 x 50 easy as 25 focal point, 25 count strokes. Rest 15 sec. 200 easy continuous as 25 focal point and 25 count strokes Rest 15sec.</p> <p>Main Set 6 x 50 4 x 100 2 x 200 1 x 400</p> <p>All easy/moderate pace and with 20sec rest after all reps.</p> <p>Choose one part of the stroke to focus on and 2-4 focal points to rotate through.</p> <p>Count strokes for all reps and see if you can maintain strokes per length throughout.</p> <p>Cool Down 4 x 50 as 25 front crawl, 25 back.</p>	<p>Warm Up 300 easy as 75 front crawl, 25 other. 2 x 100 count strokes per length to get a bench mark.</p> <p>Main Set 15 x 100 @ hard with 20 sec rest. Count strokes, record and try and maintain strokes per length, and time for each rep throughout the set.</p> <p>Cool down 200 as 50 front crawl, 25 back, 25 breast repeat</p>	<p>Do three rounds of the following</p> <p>4 x 25 Rest 30sec. Pick one focal point for each length.</p> <p>4x 50 Rest 30sec. Pick one focal point for each length.</p> <p>4 x 100 Rest 30sec Reps 1 & 2 pick 1 focal point each rep, Rep 3 & 4 count strokes per length and record.</p> <p>What happens to your stroke counts each length/rep?</p> <p>Give yourself enough rest after each repeat to recover, review and reflect on how it feels. Do 3 or 4 rounds and pick a different part of the stroke to focus on eg arm recovery, timing, legs etc.</p>

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Spring

Endurance: 3000	Speed: Open Water: 30min	Technique: 2400
<p>Warm Up: 25, 50, 100, 150, 100, 50, 25. All at super easy pace with 20sec rest. One length, focus on breathing out of nose. One length focus on being quiet and smooth.</p> <p>Main set 4 x 500 with 30sec RI. All as super easy. Count strokes through the reps and try and maintain or reduce stroke counts across the whole practice.</p> <p>Cool Down 25, 50, 100, 150, 100, 50, 25. Each rep add in one length breast stroke or one length back stroke.</p>	<p>30min acclimatising swim in open water.</p> <p>5min just swim getting used to the temperature</p> <p>5min easy focussing on your breathing and posture.</p> <p>Main Set: 10 x 50 strokes hard, 50 strokes easy.</p> <p>Cool down 5min ez relaxing swim thinking long and smooth</p>	<p>4 Sets of 600</p> <p>1 Set = 25, 50, 75, 150, 300. Take 30sec rest after each rep, and 1min between sets.</p> <p>All are done at super easy pace</p> <p>Set 1 - count strokes per length and see what happens as the reps get longer.</p> <p>On the next sets choose one part of the stroke to focus on per set and see what happens to your strokes per length as you focus.</p>

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Summer

Endurance: Open Water: 80min	Speed: 3000	Technique: 2800
<p>Warm Up 1 lap/10min Just swim! Slow, relaxed and get used to the wetsuit.</p> <p>1 lap/10min as: Spilt the Lake into 4 sections and Tune Up the basics!</p> <ul style="list-style-type: none"> a) Head relaxed and neutral b) Hips controlled rotation c) Arms on tracks d) Legs long <p>1 lap/10min: Choose 4 Focal points for your personal stroke development.</p> <p>Main Set: 3 x 10min/2 laps of fartlek swimming moderate, easy, moderate, easy between each section.</p> <p>Cool down 20min/2laps super easy</p>	<p>Warm Up 6 x 50 tune up your stroke with focal points. Rest 15sec 500 as 100 easy, 100 practice open water sighting. Repeat.</p> <p>Main set: 10 x 50 as odds reps sprint, evens reps super easy. Rest 10sec</p> <p>500 easy</p> <p>2 rounds</p> <p>Cool down 200 as 50 front crawl, 25 back, 25 breast repeat.</p>	<p>Warm Up 8 x 50 Tune up with focal points and 20sec rest</p> <p>4 x 100 Tune up with focal points and 20 sec rest</p> <p>Main set: 4 x 100 start each length superman glide and 6 non breathing strokes. Pick one part of the stroke to focus on.</p> <p>400 swim use focal points from above. Hold focus and stroke.</p> <p>2 Rounds</p> <p>Cool Down 200 as 100 open water siting, 100 swim 200 as 50 free, 50 other</p>