


## FREE Beginner Open Water Program (2 weeks)

This structured 2-week program will build your confidence in open-water swimming. Designed for beginners with some experience who can already swim 200m without stopping.





**Top tip for success:** pay attention to the rest intervals and zones for your session. These are designed to improve your fitness and endurance.

### **Key terminology**

**"R"** means "rest".

I.e. "4x100 R20" means to swim 100m, rest for 20 seconds, then push off for the next 100m. Repeat this until you have completed 4x100m efforts.

**"Z"** means "zone".

I.e. "4x100 R20 @Z3" means to swim 100m at a sustainable pace. Your zone is determined by your rate of perceived exertion. There are 5 zones.

- Zone 1: Very easy. Like a slow walk.

- Zone 2: Easy. You can swim at this pace for a very long time. Like a walk.

- Zone 3: Moderate. Somewhat challenging to sustain. Like a brisk walk or slow jog.

- Zone 4: Hard. Your maximum sustainable pace. Like a run.

- Zone 5: Very Hard. Your maximal effort. Like sprinting.

**"Sighting practice"** means to look for a marker.

In open water swimming courses are often marked by large buoys. To perform sighting practice, lift the eyes out of the water and look for a target (this could be a chair, a sign, the swim clock). The key to sighting practice is to do the movement quickly, keep the chin underwater, and the feet close to the surface. A common mistake with new swimmers is to lift the entire face out of the water. Lifting the face out causes the lower body to sink! Sight forward, then breathe to the side.

Week 1 (2:15)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>Technique</b> Foundation <b>RPE:</b> 6/10 Moderate to Hard <b>Warm-up</b></p> <p>100 @Z2</p> <p><b>Drills</b></p> <p>3x Cannonball sink 3x Bobs 2x 30second Float drill</p> <p><b>Main set</b></p> <p>6x100 R20 @Z3</p> <p><b>Warm Down</b></p> <p>100 @Z2</p> <p>01h:00m ~ 1 km Videos: <a href="#">Cannonball Sink Drill</a>, <a href="#">Float Drill</a>, <a href="#">Bobs Drill</a></p>		<p><b>Aerobic Session</b> Foundation <b>RPE:</b> 6/10 Moderate to Hard <b>Warm-up</b></p> <p>100 @Z2</p> <p><b>Drills</b></p> <p>3x Cannonball sink 3x Bob drill 2x 30second Float drill</p> <p><b>Main set</b></p> <p>4x100 R20 @Z3</p> <p>4x100 R20 Sighting practice</p> <p><b>Warm Down</b></p> <p>100 @Z2</p> <p>01h:00m ~ 1.2 km Videos: <a href="#">Cannonball Sink Drill</a>, <a href="#">Float Drill</a>, <a href="#">Bobs Drill</a></p>		<p><b>Open Water Swimming</b> 20min Open Water <b>RPE:</b> 6/10 Moderate to Hard <b>Warm-up</b></p> <p>10x Star jump 10x Lunge and twist 10x Arm circles front 10x Arm circles back 10x Mountain climber</p> <p><b>Open Water swim</b></p> <p>20-minute @Z3 swim</p> <p><i>Focus on your exhale and feeling relaxed.</i></p> <p>00h:15m</p>	

Week 2 (2:30)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>Aerobic Session</b> Foundation <b>RPE:</b> 6/10 Moderate to Hard <b>Warm-up</b></p> <p>100 @Z2</p> <p><b>Drills</b></p> <p>8x25 R20 - 4x Front Kick fins - 4x Swim with fins</p> <p><b>Main set</b></p> <p>400 R30 @Z3</p> <p>300 R30 @Z3</p> <p>200 R30 @Z4</p> <p>100 R30 @Z5</p> <p><b>Warm Down</b></p> <p>100 @Z2</p> <p>01h:00m ~ 1.4 km Videos: <a href="#">Front Kick Drill</a></p>		<p>Foundation <b>RPE:</b> 6/10 Moderate to Hard <b>Warm-up</b></p> <p>100 @Z2</p> <p><b>Drills</b></p> <p>8x25 R20 - 4x 3/4 Catch-up fins - 4x swim with fins</p> <p><b>Main set</b></p> <p>2x400 R20 @Z3</p> <p>2x200 R20 @Z4</p> <p><b>Warm Down</b></p> <p>100 @Z2</p> <p>01h:00m ~ 1.6 km Videos: <a href="#">3/4 Catch-up Drill</a></p>		<p><b>Open Water Swimming</b> 30min Open Water <b>RPE:</b> 6/10 Moderate to Hard <b>Warm-up</b></p> <p>10x Star jump 10x Lunge and twist 10x Arm circles front 10x Arm circles back 10x Mountain climber</p> <p><b>Open Water swim</b></p> <p>30-minute @Z3 swim</p> <p><i>Focus on your exhale and enjoy the feeling of being in the open water.</i></p> <p>00h:30m</p>	