

Windermere Swim Plan - Summary Sheet

Jan - Apr Base endurance / threshold work to hold 16k per week without fatigue

Weekly Pilates and light weights (375 reps) once per week minimum

	Total Metres	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06-Apr	16000	4000	3000	3000	Rest	3000	3000
13-Apr	16000	4000	3000	3000	Rest	3000	3000
20-Apr	16000	4000	3000	3000	Rest	3000	3000
27-Apr	16000	4000	3000	3000	Rest	3000	3000
04-May	18000	4000	4000	3000	Rest	4000	3000
11-May	18000	4000	4000	3000	Rest	4000	3000
18-May	20000	4000	4000	3000	Rest	4000	5000
25-May	18000	4000	4000	3000	Rest	4000	3000
01-Jun	22000	3500	4500	3200	3800	3000	4000
08-Jun	24000	6500	4000	4500	Rest	3000	3000
15-Jun	20000	3500	5000	2500	4000	5000	Rest
22-Jun	25000	6000	4000	4500	Rest	4500	6000
29-Jun	26750	4500	6500	3750	7500	4500	Rest
06-Jul	27500	8000	3000	4000	9000	3500	Rest
13-Jul	20000	5000	Rest	5000	Rest	5000	Rest
20-Jul	26650	4500	8000	Rest	3000	1150	10000
27-Jul	27000	4500	3000	3400	4000	1600	10500
03-Aug	19500	2000	3000	3500	4500	3500	3000
10-Aug	24000	4000	4000	3800	4000	4000	4200
17-Aug	27500	4000	5000	8000	Rest	3000	7500
24-Aug	25450	5200	4000	5250	Rest	3500	7500
31-Aug	12000	3000	Rest	3750	3000	Rest	Rest
07-Sep	22000	2500	1500	Rest	Rest	2000	Rest

	Race
	Open Water
	Session split am and pm

Sunday
Rest
Rest
Rest
Rest
Rest
Rest
Rest
Rest
Rest
Rest
3000
Rest
Rest
Rest
Rest
5000
Rest
Rest
Rest
Rest
Rest
Rest
Rest
Rest
2250
16000