



BUSSELTON JETTY SWIM TRAINING PROGRAM for Simons Short Cut

Hello swimmer!

Congratulations on entering Simons short cut at the Busseton Jetty Swim. This guide aims to help you gain confidence in completing your event and have more fun doing so.

This may be your first open water event and that is an exciting milestone, or perhaps you are reading this as you have encouraged someone you know to have a go and want to help them. We all need a cheerleader in our life.

You may be able to swim much further than the plan suggests and if that's the case go for it. Or you may not be able to swim very far at all. If that's the case, try doing what you can, be consistent and don't give up.

You've entered for a reason and there is nothing like a deadline to make you get moving!

As you progress through the coming weeks remember to listen to your body, stay consistent, and gradually increase intensity. Additionally, remember it's important to properly eat and hydrate before exercise.

You may find some days you are struggling and don't really want to train – still try to get in the water – you will feel better for it I promise. If you need a little more rest, take it. You are better to go and rest more than not go at all.

We don't know what pace or how far you can swim at the moment, so we have offered an option of distances e.g. 4/6 or 8 x 50 this means you choose to do 50m 4 times, 6 times or 8 times. Listen to your body and challenge yourself within reason.

We have broken this plan into 3 sessions a week.

- Two sessions per week in the pool.
- One session per week in open water.

It's important you find a safe place to swim in open water and that you try to go regularly. The varying conditions will help you prepare for any conditions on Swim Day. We have however given suggestions if finding a safe open water spot is not possible or if getting to a pool doesn't work for you either.

Step 1 – Get your gear sorted

Gear and equipment

Bathers, swim cap and goggles are all you need but if you have flippers and a kick board or even hand paddles and a pull buoy, feel free to use them to add variety to your sessions.

Get used to wearing a swim cap even if you don't like it. You need to wear one on swim day anyway, they keep you warm, keep the sun off your brain and protect your hair!

Goggles

They come in all sorts of shapes and sizes. A good guide is to hold them against your face without the straps on. If they stay on your face or only pop off a little bit, they will likely be ok for you when swimming. If they just don't stay, they won't be a great fit for you.

Step 2 – Build Routine

We recommend you set aside 3 times a week to practise.

Twice a week in the pool and once a week in open water if you can. If you can't get to open water, and you're in the pool, try not to put your feet on the ground or touch the walls to turn around, unless resting. This can help give you the feeling of being in open water.

If you don't have access to a pool, but can get to open water, you can still follow the guide. Simply switch distance for time:

25m – swim for 30 seconds

50m- swim for a minute

100m swim for 2 minutes – you get the idea

Weeks 1-2: Foundations and Technique

Session 1 (Pool)

Training	Distance	Details
Warm-up	200m	easy swim
Drill Set	4x50m	Focus on technique (e.g., find some drills you like. We like kicking for balance and body position, sculling, or doing pull. If you don't know any drills grab a kickboard and kick up and back thinking about keeping your legs long, have loose ankles and kick from the hip not your knees, or even mix up your strokes)
Main Set	4 x 50 or 100m	with enough rest to get your breath back before you go again
Cool-down	100m	easy swim

Session 2 (Pool)

Training	Distance	Details
Warm-up	200m	mixed strokes (freestyle, backstroke)
Technique Set	6 x 50m	focusing on breathing and body position. For the first, third and fifth 50 breathe to the left for 25 and the right for 25. For the second, fourth and last 50: think about rotating to the side to breathe in, keeping your ear in the water, not lifting your head.
Main Set	6 x 75m	with 15-30 seconds rest after each.
Cool-down	100m	easy swim

Session 3 (open water)

Your goal is to be in the water for 15-20 minutes. If this means you walk up and down for most of it so be it but try to keep moving. Swim when you can, walk when you can't, rest when you need. It's about getting wet!
Focusing on steady breathing and maintaining good form.

Weeks 3-4: Building Endurance.

Aim for longer distances, or less rest in week 4 than week 3.

Session 1 (Pool)

Training	Distance	Details
Warm-up	200m	Easy swim
Technique Set	4/6/8 x 50m	<p>Focus on bilateral breathing. This means breathing to both sides. This helps you on the day be able to breathe no matter which way the wind is blowing.</p> <p>If you are feeling confident, try breathing every 3 strokes and even every 5. If that's too much aim for every 3 using the mantra bubble, bubble, breathe.</p>
Main Set	3 x 100/150 or 200m	<p>Take 40-60 seconds rest after each swim. Building the distance, you can swim in one go is a great confidence boost.</p> <p>If you are tiring check you are exhaling and not holding your breathe as you swim. You can use toys if they bring you joy and you know how to use them correctly.</p>
Cool-down	100m	easy swim

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	200m	mixed strokes
Technique Set	4 or 6 x 75m	<p>Focus on sighting. Aim to glance to the end of the pool as you are swimming. Ensure you keep your mouth in the water like a crocodile when you are sighting. Do not breathe and sight at the same time.</p> <p>Trying sighting every 3rd, 6th and 9th stroke. Play with sighting before you breathe in and after you breathe in to see which option works best for you. Watch the videos on this.</p>
Main Set	3 or 4 x 150m	Take 15-30 seconds rest. You can use toys if they bring you joy and you know how to use them correctly.
Cool-down	100m	easy swim

Session 3 (open water)

Swim for 20-25 minutes, practicing sighting and maintaining a steady pace. Aim to swim more than you did for the previous weeks. These sessions are about confidence.

Feel how the water holds you when you relax and smile. Keep your breathing steady. Take some time for a star fish float and some hand stands at the end.

Weeks 5-6: Increasing Distance

Session 1 (Pool)

Training effect	Distance	Details
Warm-up	200m	Easy swim
Technique Set	6/8 or 10 x 50m	First 25m do doggy paddle then then swim the second 25 to make 50m. Watch that your hands come out in line with your shoulders and reach all the way out and then press back to your thigh. Think more of a very big dog than a little one!
Main Set	2/3 or 4 x 250m	Aim for 40-60 rest in week 5 then 20-45 seconds rest in week 6. Look at you go swimming further!
Cool-down	100m	Easy swim

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	200m	200m mixed strokes
Technique Set	4/6 or 8x75m	Try playing with different paces 25m slow, 25m medium pace, 25m faster. This will help you get used to swimming at different speeds. When you want to go faster think about pushing with more force as opposed to moving everything quicker. Take 15-30 rest after each 75.
Main Set	3/4 or 5 x 200m	Take 15-30 seconds rest after each. Aim for a nice steady pace
Cool-down	100m	easy swim

Session 3 (open water)

Swim for 25-30 minutes, focusing on maintaining a consistent pace and just keep moving. You are smashing it!!

Remember to look around you as you swim and be aware of your surroundings. The more you relax the more you see. Try to notice what you see when you inhale as well as when you are exhaling.

Weeks 7

Session 1 (Pool)

Training effect	Distance	Details
Warm-up	200m	Easy swim
Technique Set	8/10 or 12 x 50m	Take 10-15 rest after each. If you can, try swimming on the black line (you need a lane to yourself) and see if you stay on it when you are breathing. If not watch the video we made about helping you swim straight and try some of those drills to help you.
Main Set	2x300m then 3x100m	20 seconds rest – swim nice and steady. Take confidence from swimming this far.
Cool-down	100m	Easy swim mix it up with whatever makes you smile.

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	200m	200m mixed strokes
Technique Set	6/8 or 10x75m	Focus on your swim day pace. What pace do you think you can hold for 500m. If you can use a clock, try to see if you can hold the same time for each 75. It's better to go out a bit slower to start and hold that pace than go out too fast and get slower. Take 15 rest after each.

Main Set	4 or 6 x 150m	Take 15-30 seconds rest after each. Aim for a nice steady pace.
Cool-down	100m	Easy swim feeling proud of yourself swimming so far.

Session 3 (open water)

Swim for 30-40 minutes. Practise sighting, floating on your back and do some handstands. Open water swimming is all about joy right!!

Week 8: Final Preparation

It's event week. We recommend you still do your 2 sessions in the pool or perhaps one in the pool and one in open water in advance of Jetty day. Make the event be your third swim of the week. Feel good about what you have achieved in getting this far. The journey is as much a part of it as final swim.

Weeks 8

Session 1 (Pool)

Training effect	Distance	Details
Warm-up	200m	Easy swim
Technique Set	8/10 or 12x50m	Take 10-15 rest after each. Alternate 50m breathe to the left. 50m breathe to the right, 50m breathe every 3 strokes.
Main Set	500m	Swim nice and steady. Remember to start a little easier than you think you can go and hold a nice rhythm. If you vague out and find your mind wandering, bring your attention to pushing the water back to your thighs and swim proud – you are doing this!
Cool-down	100m	Easy swim mix it up swim whatever makes you smile.

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	200m	200m mixed strokes
Technique Set	6/8 or 10x75m	Focus on your swim day pace. What pace do you think you can hold for 500m. If you can use a clock, try to see if you can hold the same time for each 75. It's better to go out a bit slower to start and hold that pace than go out too fast and get slower.
Main Set	6 x 100m	with a focus on race pace. Practise holding the same time and rest for each one. Don't go out too fast. This is an important practise ahead of the weekend
Cool-down	100m	easy swim. End with a star fish float of joy! You've so got this!

Session 3 (open water) this is your big day

- Ensure you arrive in lots of time to park, register, and soak up all the brilliant energy created by the Jetty Swim team.
- Get your event tattoo on and THEN put on your sunscreen. It's a good idea to have some loose clothes to wear once you are greased up to keep the sun off you as well as your hat and sunnies.
- Listen to the event briefing. It's all part of the fun of the day.
- When you head down to swim don't be afraid to chat and smile to those around you. They might be feeling nervous too and open water swimmers are an incredibly friendly bunch.
- As you enter the water remember to exhale and smile....you are really giving it a go!
- Focus on bubble, bubble, breathe if your mind wanders, remember to keep sighting and smiling as you swim.
- Keep swimming until your fingertips touch the sand then smile bright – you did it!