



BUSSELTON JETTY SWIM VIRTUAL CHALLENGE TRAINING PROGRAM (3.6km)

Hello swimmer!

Congratulations on entering the Busselton Jetty Swim Virtual Swim Challenge. This guide aims to give you a plan to help you prepare for your big day and become a better swimmer in the process.

Perhaps this is the first time you've challenged yourself to a 3.6km, or perhaps you are an old salty and have done it many times before. Either way you are reading this as you are curious to see if it can help you.

We're assuming you will be doing your final 3.6km swim in open water, but the beauty of the Busselton Jetty Swim Virtual Challenge is that you can complete your swim, anywhere. If you prefer swimming in a pool, just stick with that! If you *are* intending to complete your swim in the open water we suggest doing at least one session in open water because swimming in the ocean versus the pool is like riding a bike on the road versus along an off-road trail. There are more factors at play in the ocean, so we encourage you to find a safe place to get as much exposure to swimming in open water as you can.

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 so far. 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.

This is a guide and all swims can be completed wherever you choose!

Step 1 – Get your gear sorted

Gear and equipment

Bathers, swim cap and goggles are all you need. Flippers, hand paddles and a pull buoy are optional and can be used to add variety to your sessions.

Goggles

Goggles come in all shapes and sizes. To find goggles that suit you, a good guide is to hold them against your face without the straps on and 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.

You can also consider tinted, mirrored or even polarised lenses as they can act like sunglasses and reduce the glare when you swim.

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, one way to simulate open water swimming is to avoid putting your feet on the ground or touching the walls to turn around.

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.

You will need a watch/tempo trainer or to be really good at counting whilst you swim.

Step 2 – Set your goal

What is your goal for this swim? To finish? Be faster than last year? Race a friend or family member? Whatever your goal it's good to know what it is.

Keen to go faster? Consider these things:

- 1 Reduce your drag in the water – this means improve your stroke. Work with a coach, or even get your friend to video you and watch it back. There are loads of resources on the net if you can't access a coach.
- 2 Increase your power – again improve your stroke but be able to hold move more water on each stroke at the same rate as before. Going to the gym/pilates and swimming at varying intensities will help here.
- 3 Swim straighter – if you zig zag when you swim you may end up swimming 10% or more further than you need to. On this event that's an extra 360m! Practise swimming along a black line with your eyes closed or aim for a location in the ocean and close your eyes and take 20 strokes towards it. Stick to your normal rhythm and see if you have gone off course.
- 4 Learn to draft – drafting off another swimmer is like cyclists drafting in the Tour de France. The person at the front is busting a gut and the ones at the back are having a chat and some snacks! It really does work if you know how to do it and choose your draft well.
- 5 Pace yourself – I like to use the analogy of cake for pacing. Imagine a whole cake is all the energy you have for the swim. If you go out too hard at the start you will eat too much of the cake and not have any left for the end. If you swim too fast at the start, because it is so very exciting, and you get all caught

up in the event, you can end up swimming quicker than you think and then your pace slows down as the event progresses.

How to check your pacing? If you can, get someone to time you swimming 400m or even 1000m. Get them to time you every 100m or even every 50 and see if your pace stays the same for each 50 or 100. If it does you are a pacing demon but if it drops off, then you can potentially save a lot of time by adjusting your training and learning to slow down at the start.

Righto lets get started:

Weeks 1-2: Foundations and Technique

Session 1 (Pool)

Training	Distance	Details
Warm-up	300m	Easy swim – really stretch off the wall and squeeze everything as you do so. Tuck in your chin, elongate your neck and really, really stretch! This helps get a good body position which is the foundation of a great stroke
Drill Set	4x75m	Focus on technique. +10 rest 25m scull, 25m breathe to the left (BL) 25 breathe to the right (BR)
Main Set	4 x 200m	With 20-30 seconds rest to get your breath back before you go again. Try to get a little bit quicker on each one.
Cool-down	200m	Easy swim – mix up your strokes

Session 2 (Pool)

Training	Distance	Details
Warm-up	300m	Mixed strokes, whatever feels nice.
Technique Set	6 x 100m	Focusing on body position. Alternate 100s: kick 50m on your left side with your left arm out in front angled down like the nose of an aeroplane – fingers lower than wrist, wrist lower than elbow, elbow lower than shoulder. then swim 50m breathing to your right. Repeat the next 100 to the other side. When you turn to breathe in aim to stay straight, keeping your ear in the water, avoid lifting your head. If you have flippers feel free to use them and if you have hand paddles wear one paddle on the arm in front for the whole 100.

Main Set	5 x 150	With 15-30 seconds rest after each. Alternate pace each 50 – gentle, moderate, harder.
Cool-down	200m	Easy swim

Session 3 (open water)

Continual swim for 20-30 minutes.

Focusing on steady breathing and maintaining good form. Start steady and try to finish stronger than you started.

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	300m	Easy swim
Technique Set	4/6/8 x 50m	25m scull then 25m breathe every 3 or 5 strokes. Aim to feel the water on your forearm as well as your palm. Mix it up and swim some of the 25's scull with your hand in fists to really help you connect with the water. Feel it on your forearm.
Main Set	3 x 300m	Take 20-30 seconds rest after each swim. Purpose is to hold the same steady pace for each one. Try not to take too much rest as we want it to be more like a broken 900m swim.

		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.
Cool-down	200m	Easy swim

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	300m	Mixed strokes
Technique Set	8 x 100m	<p>For the first, third, fifth and seventh 100m practise 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 also after you breathe in to see which option works best for you. Watch the videos on this.</p> <p>If you can, notice if you go much slower than when you sight more than less. If that's the case your technique could be inefficient and practise sighting more often.</p> <p>For the other 100's aim to swim strong. Faster than you would for a longer distance but don't take extra rest.</p>
Main Set	4/5 x 200m	Take 15-30 seconds rest. You can use toys such as pull and paddles if they bring you joy and you know how to use them correctly. Try to do the second half of each 200 faster than the first.

Cool-down	200m	Easy swim
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Session 3 (open water)

Swim for 30-45 minutes. It's a good idea to practise what you will eat on event day before these swims. Notice if your body tolerates it well and how it sits in your gut.

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	300m	Easy swim
Technique Set	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! Use your body and keep your head still.
Main Set	3 or 4 x 400m	Aim for 30-45 rest in week 5 then 20-30 seconds rest in week 6. Aim to hold the same pace for the first one as the last one.
Cool-down	200m	Easy swim

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	300m	Mixed strokes
Technique Set	10 x 100m	Try playing with different paces 25m slow, 25m medium pace, 25 slow, 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 100
Main Set	5 x 250m	Take 15-30 seconds rest after each. For 50m breathe to the left, 50 breathe to the right, 50 breathe every 3 strokes, 50 breathe every 5 strokes, 50 breathe as you like. Aim for a nice steady pace and add in pull buoy and paddles if you like them.
Cool-down	200m	easy swim

Session 3 (open water)

Swim for 45-60 minutes, focusing on maintaining a consistent pace and just keep moving. You may want to swim for 10 minutes in one direction, then 10 minutes in the other. See if you cover the same distance each time. 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 and if you have a buddy practise drafting off each other

Week 7

Session 1 (Pool)

Training effect	Distance	Details
Warm-up	300m	Easy swim
Technique Set	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	3 x 500m	30-60 seconds rest – swim nice and steady. Take confidence from swimming this far.
Cool-down	200m	Easy swim, mix it up with whatever makes you smile.

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	300m	Mixed strokes
Technique Set	12 x 100m	Focus on your swim day pace. What pace do you think you can hold for the Jetty swim? If you can use a clock, try to see if you can hold the same time for each 100. 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	6 x 200m	Take 15-30 seconds rest after each. Now see if you can hold your pace from the 100's when you double the distance? Feel free to use pull and paddles for alternate 200's if that makes you smile.
Cool-down	200m	Easy swim feeling proud of yourself swimming so far.

Session 3 (open water)

Swim for 45-60 minutes. Practise sighting and mix in some 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	300m	Easy swim
Technique Set	6 x 100m	Alternate 100s: kick 50m on your left side with your left arm out in front angled down like the nose of an aeroplane – fingers lower than wrist, wrist lower than elbow, elbow lower than shoulder. then swim 50m breathing to your right. Repeat the next 100 to the other side. Really maintain a good posture for these. Swim proud.
	4 x 100m	Aim to get a little bit faster on each one than the one before. By 5 seconds is a good goal without any additional rest. Take 20-30 rest after each 100
Main Set	1000m	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	200m	Easy swim, mix it up, swim whatever makes you smile.

Session 2 (Pool)

Training effect	Distance	Details
Warm-up	300m	Mixed strokes
Technique Set	6/9 or 12 x 100m	Alternate breathing each 100. 1 – breathe left, 2 breathe right, 3 breathe as you normally would and repeat. This will give you confidence that the wind can blow to any direction, and you will be OK.
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.

- As you enter the water remember to exhale and smile. You are really giving it a go!
- If your mind wanders when you find it again remember to swim strong, chest proud, sighting and smiling as you go.
- Sight for the gap in the pine trees as you get closer to the finish line.
- Keep swimming until your fingertips touch the sand then smile bright – you did it!