

Six Weeks to train for a 1 mile Open water Swim

These training sessions are suitable for your first event of up to a mile. Ideally you should swim 3 times a week. There is six weeks of training. Each week you should try to swim two times in a pool and one time in open water. (Open water in south Denver areas include: Chatfield Gravel pond and Grant Ranch). Each week you should focus on 2 endurance swims (to improve your ability to swim a mile) and a pacing session (to help improve your speed). To adjust the swim workout for open water you may need to figure out the distance to a buoy in open water or the time it takes you to swim 500 yards.

Tips for Open Water Swimming

Freestyle or front crawl is the most efficient stroke for most people to use in open water

Sighting

- In the open water there are no lane lines. You need to practice looking ahead during your swim to find a marker in the distance to follow.
- Looking up is a simple thing to practice in the pool. Try perfecting it so you don't disrupt your rhythm.
- Practice swimming in a straight line. Close your eyes while swimming and see whether you veer left or right (most people do). Try tweaking your stroke to straighten your natural line.

Treading water

- There is no wall to hold or kick off from in open water. Use pool time to get used to treading water in the deep end. You could spend a lot of time treading water in open water.

Turning

- Most events will involve turning around a marker buoy, often four or five times a race. If you have space in the pool and a willing practice-mate, swim up to and round your friend without touching the walls or bottom of the pool.

Breathing both ways

- Breathing on alternative sides in open water events is a necessity. It may not feel natural at first, but focus on your technique in the pool and it will become more comfortable.
- Let your head and spine join the rotation of your shoulders, inhale sharply then turn your face smoothly back in time with your shoulder rotation.

Group swimming

- Lots of people swimming together can come as a bit of a shock the first time you swim in an open water event. Practice group swimming with four or five of your friends in one lane of the pool to help get used to the feeling.

Workouts:

Week 1

Pool session:

Warm up: 500 free. Mix in a few lengths of back or breaststroke

Workout: 4 or 5 X 150 swim endurance pace (rest 30 to 60 seconds between each 150)

Pool session:

Warm up: 500 free. Kick or swim a different stroke every 4th length

Workout: 10 100 rest 15 seconds after each 100 (work on pace that you can hold to focus on gaining more speed)

Open Water Session:

Swim 2 x out and back to 1st buoy or about 500 yards. Rest about 30 seconds to 1 minute after each 500.

Week 2

Pool session:

Warm up: 500 free or choice

Workout: 4 X 200 swim endurance pace (rest 30 to 60 seconds between each 200)

Pool Session:

Warm up: 500 free or choice

Workout: 20 X 50 rest 15 seconds (work on holding a consistent pace for all 50's)

Open water Session:

Swim 3 X out and back to 1st buoy or about 500 yards. Rest about 30 seconds to 1 minute after each 500

Week 3

Pool session

Warm up: 500 free or choice

Workout: 4 X 250 swim endurance pace (rest 30 to 60 seconds between each 250)

Pool Session:

Warm up 500 free or choice

Work out: 12 100 rest 20 seconds (work on holding a consistent pace for all 100:)

Open Water session:

Swim 4 X out and back to 1st buoy, or 2 X out and back to 2nd buoy (4 X 500 yards). Rest 30 to 60 seconds if needed

Week 4

Pool Session:

Warm up 500 free or choice

Workout: 4 X 300 swim endurance pace (rest 30 to 60 seconds between each 300).

Pool Session:

Warm up 500 free or choice

Workout: 10 X 75 rest 20 seconds (work on holding a consistent pace for all 75's)

Open Water Session:

Swim 2 X out and back to 2nd buoy (rest about 1 minute between swims)

Week 5

Pool Session:

Warm up 500 choice

Workout: 3 X 500 (rest about 1 minute between each 500)

Pool Session:

Warm up: 500 choice

Workout: 12 x 100 (rest 15 seconds and work on holding a consistent pace)

Open water session:

Swim 1 mile course. Practice running and diving into open water, turning on buoys, and sighting

Week 6

Pool session:

Warm up 500 choice

Workout: 4 X 400 (rest about 1 minute between each 400) Focus on sighting during the 2nd and 4th 400

Pool session:

Warm up: 500 choice

Workout: 20 X 50 hold a consistent pace and rest 10 seconds

Open water session:

Swim 1 mile race course. Practice running into water and diving in, work on sighting, and turning on buoys