

1.2 Mile Open Water Swim Training Plan

The 1.2 Mile open water swim is the swimming world's equivalent to running a 10K. Like running a 10K, to complete a 1.2 Mile open water swim takes dedication and training. The assumption in this training plan is that the participant is a competent swimmer and can comfortably swim (at minimum) half a mile continuously in a pool.

Distance and Cold-Water Ramp: The purpose of this plan is to slowly ramp up distance to allow the body to adjust to the increased distance safely and injury free. The goal during distance buildup is to average no more than a 10% increase per week for the **Long Swim Goal Weeks (in bold)**. Every third week is designated as a recovery week, where you still swim, but the distance is less. In addition, the purpose of this plan is to get you comfortable in the colder open water environment while finishing your ramp-up in distance. Depending on where you live, it might be hard to get access to cold, open water. You can continue the majority of your training in a pool, but it is best to get in open water at least once a week during this period.

Remember when in open water to be aware of the safety aspects. First, be legal, that is, do not swim in unauthorized areas. Second, be aware of the motorized craft in your area. It is a good idea to wear a swim buoy (e.g., SaferSwimmer® from the International Swimming Hall of Fame) to make you visible to motor craft. Third, always, always swim with a partner. Even the most accomplished swimmer can run into trouble (i.e. hypothermia) without warning and thus it makes having a partner extremely important.

Suggested Training Plan for the 1.2 Mile Swim

Remember, enjoy and have fun while training!

Week	Distance (yards)		Purpose
	Continuous Swim	Weekly Total	
1	500	2000	
2	1000	3000	
3	1250	4000	Long Swim Goal Week
4	750	2000	Rest Week
5	1250	3000	
6	1500	4000	Long Swim Goal Week
7	750	2000	Rest Week
8	1250	3000	
9	1750	4000	Long Swim Goal Week
10	750	2000	Rest Week
11	1250	3000	
12	2000	4000	Long Swim Goal Week
13	1000	3000	Begin Taper
14	500	2000	Taper

Continuous swim: Distance that should be swum without stopping, either in a pool or open water.