

2.4 Mile Open Water Swim Training Plan

The 2.4 Mile open water swim is the swimming world's equivalent to running a half marathon (13 miles) and was first made popular in the Waikiki Roughwater Swim and the Ironman race. Like running a half marathon, to complete the 2.4 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) a mile continuously in a pool. If you are new to swimming, it is best to try the 1.2 Mile swim first.

This training plan has two phases: Distance and Base Building, followed by Cold Water and Distance Training. Each phase is approximately three months long.

Distance and Base Building (Weeks 1 through 12): The purpose of this phase 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. At the end of this phase, you should be comfortable swimming at least 2000 yards continuously and be prepared for beginning cold open water training.

Cold Water and Distance Training (Weeks 14 through 26): The purpose of this phase is to get you comfortable in the colder open water environment while finishing your ramp up in distance. If possible, try to swim in open water at least once per week. 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 the open water at least once a week during this period.

Remember, when in open water 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.

Remember, enjoy and have fun while training!

Suggested Training Plan for the 2.4 Mile Open Water Swim:

	Week	Distance (yards)		Purpose
		Continous Long Swim	Weekly Total	
Distance/ Endurance Ramp	1	300	2000	
	2	600	2000	
	3	800	3000	Long Swim Goal Week
	4	400	2000	Rest Week
	5	750	3000	
	6	1000	4000	Long Swim Goal Week
	7	500	3000	Rest Week
	8	1000	4000	
	9	1500	5000	Long Swim Goal Week
	10	750	4000	Rest Week
	11	1500	5000	
	12	2000	6000	Long Swim Goal Week
Cold Water Ramp	13	1000	4000	Rest Week
	14	2000	5000	
	15	2500	6000	Long Swim Goal Week
	16	1500	4000	Rest Week
	17	2500	5000	
	18	3000	6000	Long Swim Goal Week
	19	1500	4000	Rest Week
	20	2500	5000	
	21	3500	6000	Long Swim Goal Week
	22	1500	4000	Rest Week
	23	2500	5000	
	24	4000	6000	Long Swim Goal Week
	25	2000	4000	Begin taper
	26	1000	3000	Taper

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