



12 weeks training program for an Ötillö qualifier swimrun

(Distance ≈35-50km inc 20% of swimming)

It is important to realise that the race you signed up for is a big challenge. The running distances are between 30 and 40km in really specific landscape (mountain, slippery rocks, forest, ...). The swimming distances are between 5 and 10km and some swim sections can be more than 2km long. Water temperature also vary between 8 and 15°C. You have to be ready for your specific challenge. It would be a good idea to train on the course if it is possible. If not, you can still reproduce the distances during your long trainings.

You will race a long endurance race, that is why it is important to have built some endurance and experience through the years. Training is not starting 12 weeks prior the event. You need a good preparation period 20-24 weeks before the race. But the last 12 weeks are always more specific. First block of the 12 weeks training program will be a 4 weeks Base training with a main focus based on strength. Getting yourself stronger will be necessary to be able to add more speed in the following 8 weeks. Recommendations will be at least one swim and one run with a focus on strength and also some time in the gym working on your core, strength and flexibility.

	Swimming Wu: Warm up Wd: Warm down Inc.: including Pb: pullbuoy Pa: paddles Mt: meters	Running Inc. including Km: kilometre Reps: repetitions Min: minute	Swimrunning Min: minute	Extras/Others
Week1: STRENGTH Compulsory: - 3 swims - 4 runs - 1 swimrun Optional (Recommended): - 1 swim (45-60min of technique) - 1-2 runs (45-90min easy pace)	Pool: - Technique: 60min inc. drills/kick set and test 3x300mt no gear with 60" rest . - Strength: 3500mt inc. 12x200mt pb/pa (progressive from 1st to 4th 200 and repeat 3 times) - Speed: 3000mt inc. 1000mt drills/kick, 30x50mt change of pace, Wu/Wd	- Long: 2h inc. 4x15min increasing the pace - Strength: 60min inc. Hill reps (8x 90" uphill/60-75" downhill) - Efforts: 60min inc. 3x 2km at 90% of your max with 90" rest - Distance: 75min comfortable pace	- 90min easy swimrun with swims between 60" to 6min and runs between 3min to 20min (with swimrun partner if possible to start working on the routines)	Core and strength: 2x 30min of specific swimming and running strength/flexibility Alternative training like 60min yoga or 90min cycling
Week2: STRENGTH Compulsory: - 3 swims - 4 runs - 1 swimrun Optional (Recommended): - 1 swim (45-60min of technique) - 1-2 runs (45-90min easy pace)	Pool: - Technique: 60min inc. drills/kick and breathing pattern exercises - Strength: 3600mt inc. 1000-800-600-400 pb/pa (1-2"/100mt faster every distance), Wu/Wd - Speed/Strength: 3000mt inc. 1000mt drills/kick, 1000mt of 25s, 50s and 75s mixed easy/fast, 3x300mt pbpa at easy pace, Wu/Wd	- Long: 2h inc. 3x20min increasing the pace - Strength: 60min inc. Hill reps (3x 6min of up and down mixed with 5min of 10km race pace) - Efforts: 60min inc. 3x 10min at 90% of your max with 90" rest - Distance: 80min comfortable pace	- 1h45 easy swimrun with swims between 2 to 10min and runs between 5 to 20min (with swimrun partner if possible to start working on the routines)	Core and strength: 2x 30min of specific swimming and running strength/flexibility Alternative training like 60min yoga or 90min cycling

<p>Week3: STRENGTH</p> <p>Compulsory:</p> <ul style="list-style-type: none"> - 3 swims - 4 runs - 1 swimrun <p>Optional (Recommended):</p> <ul style="list-style-type: none"> - 1 swim (45-60min of technique) - 1-2 runs (45-90min easy pace) 	<p>Pool:</p> <ul style="list-style-type: none"> - Technique: 60min inc. drills/kick and breathing pattern exercises - Strength: 3800mt inc. 4x 600mt pb/pa (1-2"/100mt faster every 600mt), Wu/Wd with kick/drills - Efforts: 3200mt inc. 1000mt drills/kick, 20x 100mt with 15" rest (10 without gear/5 Pb/5PbPa), Wu/Wd 	<ul style="list-style-type: none"> - Long: 2h inc. 4x3km increasing the pace non stop (from comfortable to hard) - Strength: 60min inc. Hill reps (8x 2min uphill/90-120" downhill) - Efforts: 60min inc. 4x 1.5km at 90% of your max with 90" rest - Distance: 90min comfortable pace 	<ul style="list-style-type: none"> - 2h easy swimrun with swims between 2 to 10min and runs between 5 to 20min (with swimrun partner if possible to start working on the routines) 	<p>Core and strength: 2x 30min of specific swimming and running strength/flexibility</p> <p>Alternative training like 60min yoga or 90min cycling</p>
<p>Week4: Easier week</p> <p>Compulsory:</p> <ul style="list-style-type: none"> - 3 swims - 3 runs - 2 swimruns <p>Optional (Recommended):</p> <ul style="list-style-type: none"> - 1 swim (45-60min of technique) - 1 run (45-90min easy pace) 	<ul style="list-style-type: none"> - Technique: 60min inc. drills/kick and breathing pattern exercises - Strength: 2500mt inc. 5x 400mt pb/pa constant pace, Wu/Wd - Speed/Strength: 2600mt inc. 800mt drills/kick, 20x50mt change of pace, 500mt pbpa easy pace, Wu/Wd 	<ul style="list-style-type: none"> - Long: 2h easy on specific race landscape if possible - Distance: 90min comfortable pace - Distance: 80min comfortable pace 	<ul style="list-style-type: none"> - 90min with a few sections at higher pace - 2h easy swimrun with swims between 2 to 12min (at least one 12min swim) and runs between 5 to 20min (at least one 20min run) 	<p>Core and strength: 2x 30min of specific swimming and running strength/flexibility</p> <p>Alternative training like 60min yoga or 90min cycling</p>

After week4, the next block will be more oriented in the Efforts. We will build more cardio, run and swim a bit quicker, add more kilometers every week.

