



12 weeks training program for an ÖtillÖ qualifier swimrun (Distance ≈35-50km inc 20% of swimming)

Last four weeks before the big challenge you signed up for. It is time to do less volume and get into more speed and intensity.

You have to be ready for your specific race. Training on the course would be perfect, but complicated if it is in another country. That's why it is important to find some spots where you can reproduce some technical aspect of your race and also test your team and equipment at race pace on the distances of the event.

A weekend or long weekend training camp could be an option if you live in a country where you cannot swim open water at this time of the year. Check our training camp on Costa Brava 23-26th of March.

You have done 8 weeks already of structured training, you should be ready for this last three weeks of intensity plus one week really soft before race day.

All your equipment should be ready by then and the training you do from now should be with your race equipment. All the small details will be set during this period.

<p>Week9 RACE SPEED</p> <p>Compulsory:</p> <ul style="list-style-type: none"> - 4 swims - 3 runs - 2 swimrun <p>Optional (Recommended):</p> <ul style="list-style-type: none"> - 1 swim (60min of technique) - 1-2 runs (75-90min easy pace) 	<p>Pool:</p> <ul style="list-style-type: none"> - Technique: 60min inc. drills and test 3x300mt with 60" rest - Strength/Speed: 4200mt inc. 6x 400mt pb/pa with the swimrun partner (increasing the pace in the 400s) + 12x50mt no gear (one easy/one hard), Wu/Wd - Efforts: 4000mt Inc. 1000mt drills/kick, 6x (300mt PbPa race pace + 100mt no gear hard) with 10" rest, Wu/Wd <p>Open water:</p> <ul style="list-style-type: none"> - Strength: 90min inc. 4x (15min PbPa at race pace with 50 strokes hard every 4min) with 60" rest, Wu/Wd without gear 	<ul style="list-style-type: none"> - Long: 2h30 comfortable in specific race landscape - Distance/Efforts: 90min 4x3km increasing every km in the 3km. - Efforts/Speed: 60min inc. 8x 1km at your 3km race pace with 60" rest 	<ul style="list-style-type: none"> - 3h easy swimrun with swims inc. a 2000mt and runs between 5 to 50min (inc. a 10km) - 75min with fast runs and fast short swims (a few 50s and 100s) 	<p>Core and strength: 2x 30min of specific swimming and running strength/flexibility</p>
<p>Week10 RACE SPEED</p> <p>Compulsory:</p> <ul style="list-style-type: none"> - 4 swims - 3 runs - 2 swimrun <p>Optional (Recommended):</p> <ul style="list-style-type: none"> - 1 swim (60min of technique) - 1-2 runs (75-90min easy pace) 	<p>Pool:</p> <ul style="list-style-type: none"> - Technique: 60min inc. drills and test 3x300mt with 60" rest - Strength/Speed: 4200mt inc. 6x (300+200mt pb/pa with the swimrun partner (increasing the pace in the 300s and race pace constant in the 200s) + 12x50mt no gear (as 25mt easy/25mt fast), Wu/Wd <p>Open water:</p>	<ul style="list-style-type: none"> - Long: 2h15 comfortable in specific race landscape - Distance/Efforts: 75min 4x2km at 95% of your max with 60" rest - Efforts/Speed: 60min inc. 8x 1km at your 3km race pace with 60" rest 	<ul style="list-style-type: none"> - 3h easy swimrun with swims inc. a 2000mt and runs between 5 to 50min (inc. a 10km) - 90min easy pace focusing on transitions 	<p>Core and strength: 2x 30min of specific swimming and running strength/flexibility</p>

	<ul style="list-style-type: none"> - Strength: 90min inc. 3x (10-5-3min solid) pb/padd increasing the pace with 30" rest - Continuous: inc. wu: 10min + 5x (1min hard/1min) easy no gear + 3x15min non stop pb/padd at race pace with swimrun partner if possible 			
<p>Week11 RACE SPEED</p> <p>Compulsory:</p> <ul style="list-style-type: none"> - 3 swims - 3 runs - 3 swimrun <p>Optional (Recommended):</p> <ul style="list-style-type: none"> - 1 swim (60min of technique) - 1-2 runs (75-90min easy pace) 	<p>Pool:</p> <ul style="list-style-type: none"> - Technique/Speed: 60min inc. drills/Kick + 800mt of 25s/50s/75s easy to fast <p>Open water:</p> <ul style="list-style-type: none"> - Strength: 75min inc. 3x (8-6-4-2min solid) pb/padd increasing the pace with 30" rest - Continuous: inc. wu: 10min easy no gear + 40min non stop pb/padd race pace + 10min wd 	<ul style="list-style-type: none"> - Distance: 90min comfortable in specific race landscape - Distance: 75min comfortable - Efforts/Speed: 60min inc. 5x 1km at your 3km race pace with 60" rest 	<ul style="list-style-type: none"> - 2h easy swimrun with swims inc. a 1500mt and runs between 5 to 50min (inc. a 7km) - 90min easy pace focusing on transitions - 75min with fast runs and fast short swims (a few 50s and 100s) 	Core and strength: 2x 15min of specific swimming and running flexibility.
Week12: RACE	<p>Pool:</p> <ul style="list-style-type: none"> - Speed: 45min inc. drills and series of short intervals (25-50-75-100mt easy/hard...) <p>Open water:</p> <ul style="list-style-type: none"> - 35min inc. 4x 2min solid pb/padd increasing the pace with 30" rest, 2 days before the race 	<ul style="list-style-type: none"> - Distance: 45min Easy pace with a few strides (4x 50-70mt) - Distance: 45min Easy pace, 3 day before the race 	<ul style="list-style-type: none"> - 45min easy pace to test all the gear at the beginning of the week - 30min easy pace to test all the gear the day before the race <p>-RACE</p>	Core and strength: 2x 15min of specific swimming and running flexibility.