



# **12 weeks training program for an Ötillö qualifier swimrun**

(Distance  $\approx$  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. The second block of the 12 weeks training program will be a 4 weeks period where the intensity of the sessions will be higher. You have done a solid four week block of strength, now it is time to increase the speed.

<p><b>Week5: EFFORTS</b></p> <p><b>Compulsory:</b></p> <ul style="list-style-type: none"> <li>- 4 swims</li> <li>- 4 runs</li> <li>- 1 swimrun</li> </ul> <p><b>Optional (Recommended):</b></p> <ul style="list-style-type: none"> <li>- 1 swim (45-60min of technique)</li> <li>- 1-2 runs (60-90min easy pace)</li> </ul>	<p>Pool:</p> <ul style="list-style-type: none"> <li>- Technique: 60min inc. drills and test 3x300mt with 60" rest</li> <li>- Strength: 4000mt inc. 3x1000mt pb/pa (breathing pattern), Wu/Wd</li> <li>- Efforts: 3200mt inc. 1000mt drills/kick, 12x 150mt with 10" rest (8 without gear/4PbPa), Wu/Wd</li> </ul> <p>Open water:</p> <ul style="list-style-type: none"> <li>- Strength: 60min inc. 6x6min PbPa with 30" rest, Wu/Wd without gear</li> </ul>	<ul style="list-style-type: none"> <li>- Long: 2h15 comfortable</li> <li>- Distance/Efforts: 90min 3x4km increasing the pace non stop (from comfortable to hard)</li> <li>- Efforts: 60min inc. 5x 2km at 90% of your max with 90" rest</li> <li>- Distance: 90min comfortable pace</li> </ul>	<ul style="list-style-type: none"> <li>- 2h easy swimrun with swims between 2 to 10min and runs between 5 to 20min</li> </ul>	<p>Core and strength: 2x 30min of specific swimming and running strength/flexibility</p>
<p><b>Week6: EFFORTS</b></p> <p><b>Compulsory:</b></p> <ul style="list-style-type: none"> <li>- 4 swims</li> <li>- 4 runs</li> <li>- 1 swimrun</li> </ul> <p><b>Optional (Recommended):</b></p> <ul style="list-style-type: none"> <li>- 1 swim (45-60min of technique)</li> <li>- 1-2 runs (60-90min easy pace)</li> </ul>	<p>Pool:</p> <ul style="list-style-type: none"> <li>- Technique: 60min inc. drills/kick and breathing pattern exercises</li> <li>- Strength: 4200mt inc. pb/pa 3x (600-400-200mt with 600mt slower than race pace, 400mt at race pace and 200mt faster than race pace), Wu/Wd</li> <li>- Efforts: 3200mt inc. 1000mt drills/kick, 2x (6x 100mt + 6x 75mt all with with 10" rest) with 100mt easy in between the 2 sets , Wu/Wd</li> </ul> <p>Open water:</p>	<ul style="list-style-type: none"> <li>- Long: 2h30 with some change of paces in specific race landscape (the day before or after the 2h swimrun)</li> <li>- Efforts: 60min inc. 5x 2km at 90% of your max with 90" rest</li> <li>- Distance/Efforts: 90min 4x 15min increasing the pace non stop (from moderate to hard)</li> <li>- Distance: 90min comfortable pace</li> </ul>	<ul style="list-style-type: none"> <li>- 2h easy swimrun with swims between 4 to 15min (inc. 2x800mt) and runs between 5 to 30min (inc.2x5km)</li> </ul>	<p>Core and strength: 2x 30min of specific swimming and running strength/flexibility</p>

	Strength: 70min inc. 4x (8min at race pace + 2min hard) PbPa with 30" rest, Wu/Wd without gear			
<b>Week7: EFFORTS</b>  <b>Compulsory:</b> <ul style="list-style-type: none"> <li>- 4 swims</li> <li>- 4 runs</li> <li>- 1 swimrun</li> </ul> <b>Optional (Recommended):</b> <ul style="list-style-type: none"> <li>- 1 swim (60min of technique)</li> <li>- 1-2 runs (60-90min easy pace)</li> </ul>	Pool: <ul style="list-style-type: none"> <li>- Technique: 60min inc. drills/kick and breathing pattern exercises</li> <li>- Strength: 4400mt inc. 4x 800mt pb/pa with the swimrun partner (first/second easy, third at race pace, fourth increasing the pace to hard), Wu/Wd</li> <li>- Efforts: 3200mt Inc. 1000mt drills/kick, 8x 200mt with 10" rest, Wu/Wd</li> </ul> Open water: <ul style="list-style-type: none"> <li>- Strength: 75min inc. 4x (10min PbPa at race pace with 1min hard every 3min) with 30" rest, Wu/Wd without gear</li> </ul>	<ul style="list-style-type: none"> <li>- Long: 2h30 comfortable in specific race landscape (day before or after the 2h15 swimrun)</li> <li>- Distance/Efforts: 90min 5x2.5km increasing the pace non stop (from moderate to hard)</li> <li>- Efforts: 60min inc. 6x 1.2km at 95% of your max with 60" rest</li> <li>- Distance: 90min comfortable pace</li> </ul>	<ul style="list-style-type: none"> <li>- 2h15 easy swimrun with swims between 4 to 20min (inc. 1000 and 1200mt) and runs between 5 to 40min (inc. 5 and 7km)</li> </ul>	Core and strength: 2x 30min of specific swimming and running strength/flexibility
<b>Week8: Easier week</b>  <b>Compulsory:</b> <ul style="list-style-type: none"> <li>- 3 swims</li> <li>- 3 runs</li> <li>- 2 swimruns</li> </ul> <b>Optional (Recommended):</b> <ul style="list-style-type: none"> <li>- 1 swim (45-60min of technique)</li> </ul>	Pool: <ul style="list-style-type: none"> <li>- Speed: 2500mt inc. 1000mt drills/kick, 20x50mt change of pace, Wu/Wd</li> </ul> Open water: <ul style="list-style-type: none"> <li>- Strength: 90min inc. 2x (6-5-4-3-2-1min race pace pb/padd) with 30" rest, inc. 15min at race pace</li> </ul>	<ul style="list-style-type: none"> <li>- Distance: 90min comfortable pace</li> <li>- Distance: 75min comfortable pace</li> <li>- Distance/Efforts: 90min 5x2.5km increasing the pace non stop (from moderate to hard)</li> </ul>	<ul style="list-style-type: none"> <li>- 90min with race partner</li> <li>- 2h30 easy swimrun with swims inc. 2x 600mt and 1600mt and runs between 5 to 50min (inc. a 10km)</li> </ul>	Core and strength: 2x 30min of specific swimming and running strength/flexibility

- 1 run (45-90min easy pace)	- Continuous: inc. wu: 10min + 10x (60" hard/60" easy + 2x20min non stop pb/padd			
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After week8, the last block will be more oriented in the race pace. We will work more with the swimrun partner, in swimrun gear, in race conditions.



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