



Welcome to Envol Swimrun

This training plan is generic and adapted for short swimrun courses. You will find guidelines to take you on the starting and then finish line of your first swimrun with a lot of confidence.

To get a plan more detailed using our digital platform (Training Peaks), thank you to click on the link:

<https://envolcoaching.net/swimrun-training-plans/>

To allow everyone to use this plan, the sessions are ranked by priorities.

If you have high performance goals, we recommend you to do all the sessions of the week.

But if you do not have enough time, or your only goal is to have fun, do the green sessions in priority order, then the yellow ones and finally the pink ones. For most sessions, you can choose the duration and the amount of repetitions.

A short swimrun is often a first experience of swimrun. It is recommended to learn how to crawl. It is also recommended to be able to swim 200 to 500 meters non stop in crawl and can run 2km without issues.



## Notes

### Running

- Warm Up: Take at least 10 minutes to warm up.
- Warm Down: At least 5 minutes.
- Hills: if you do not have hills long enough, run 30 seconds up / 30 seconds down for the duration indicated.
- RPE: the rating of perceived exertion (RPE), as measured by the Borg rating of perceived exertion scale is a frequently used quantitative measure of perceived exertion during physical activity

### Swimming:

- Sessions can be done in meters or yards.
- Start the sessions by 100 to 400 with fins or no gear, followed by 4 to 8 x 50 of drills and 4 to 8 x 50 of accelerations.
- Warm Down 100 to 400 with fins or no gear
- r: rest time
- PP: Pullbuoy Paddles
- z2: endurance pace, z3: race pace, z4: sprint pace

Have a good training !





<b>Week 1</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 45 min to 90 min with some elevation - RPE 2-3	
Run 2	Hills: 45 to 80 min RPE 4-6 with 4-5 x 5 min steep hills with 5min jog on flat or downhill between the hills	
Run 3	Longs efforts: 45 to 80 min with 5x 4 min r90" - RPE 8-9	
Run 4	Distance: 50 to 70min on undulating course - RPE 2-3	
Swim 1	45 to 80 min with 2-4x 200 PP z2 + 2-3x 300 PP z2 + 2-4x 100 Pull z3 - r15 to 30"	
Swim 2	45 to 80 min with 4-8 x 200 PP z3 - r10 to 20"	
Swim 3	45 to 80 min with 2x 500 PP z2 + 4-8x 50 PP z4 - r15 to 30"	
Swimrun 1	60min to 2h swimrun to test the equipment and the partnership. RPE 2-3	
Strength 1	15 to 30 min with 5 to 10x (40" squats/20" rest), 5 to 10x (40" lunges forward/20" rest), 5 to 10x (40" plank on elbow/20" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





<b>Week 2</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 45 min to 90 min with some elevation - RPE 2-3	
Run 2	Hills: 50 to 80 min RPE 4-6 with 4-6 x 5 min steep hills with 5min jog on flat or downhill between the hills	
Run 3	Short Efforts: 45 to 75min with 12x 30/30 (30" acceleration / 30" walk) - RPE 9	
Run 4	Distance: 50 to 70min on undulating course - RPE 2-3	
Swim 1	45 to 90min with 2-3x 300 PP z2 + 1x 400 PP z2 + 2-4x 200 Pull z3 - r15 to 30"	
Swim 2	45 to 90min with 5-8 x 200 PP z3 - r10 to 20"	
Swim 3	45 to 90min with 3x 400 PP z2 + 2x 200 z3 + 8x 50 PP z4 - r15 to 30"	
Swimrun 1	70min to 2h15	
Strength 1	15 to 30 min with 5 to 10x (40" squats/20" rest), 5 to 10x (40" lunges forward/20" rest), 5 to 10x (40" plank on elbow/20" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 to 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





<b>Week 3</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 1h15 to 2h15 - RPE 2-3	
Run 2	Hills: 45 to 90min RPE 4-6 with 4-6 x 5min steep hills with 5min jog on flat between the hills	
Run 3	Long efforts: 45 to 90min with 3-4x 6min r90" - RPE 8-9	
Run 4	Distance: 50 to 90min - RPE 2-3	
Swim 1	60 to 90min with 1-2x 400 PP z2 + 4-6x 100 Pull z3 - r15 to 30"	
Swim 2	45 to 90min with 4-6 x 300 PP z3 - r10 to 20"	
Swim 3	45 to 90min with 1x 800 PP z2 + 8x 50 PP z4 - r15 to 30"	
Swimrun 1	1h30 to 3h00 swimrun to test the equipment and the partnership. RPE 2-3	
Strength 1	15 to 30 min with 5 to 10x (40" squats/20" rest), 5 to 10x (40" lunges forward/20" rest), 5 to 10x (40" plank on elbow/20" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





<b>Week 4</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 60min to 2h - RPE 2-3	
Run 2	Hills: 45 to 90min RPE 4-6 with 4 to 6 x 4min hills with 4min jog on flat between the hills	
Run 3	Distance: 50 to 90min - RPE 2-3	
Run 4	Short efforts: 45 to 75min with 8x 30/30 (30" acceleration / 30" walk)) - RPE 9	
Swim 1	60 to 90min with 3-5 x 400 PP z2 + 5x 100 Pull z3 - r15 to 30"	
Swim 2	45 to 90min with 8 x 200 PP z3 - r10 to 20"	
Swim 3	45 to 90min with 1000 PP z2 + 4x 50 PP z4 - r15 to 30"	
Swimrun 1	60min to 2h swimrun with a 20 min included. RPE 2-3	
Strength 1	15 to 30 min with 5 to 10x (40" squats/20" rest), 5 to 10x (40" lunges forward/20" rest), 5 to 10x (40" plank on elbow/20" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





<b>Week 5</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 1h15 to 2h15 - RPE 2-3	
Run 2	Hills: 45 to 90min RPE 4-6 with 2 to 4 x 8min hills with 4min jog on flat between the hills	
Run 3	Efforts longs: 45 to 90min with 5x 5min r60" - RPE 8-9	
Run 4	Short efforts: 45 to 75min with 2x(6x 30/30 (30" acceleration / 30" walk)) - RPE9	
Swim 1	50 to 90min with 4-6x 400 PP z2 + 4-6x 100 Pull z3 - r15 to 30"	
Swim 2	45 to 90min with 6-12 x 200 PP z3 - r10 to 20"	
Swim 3	45 to 90min with 1-2x 800 PP z2 + 8x 50 PP z4 - r15 to 30"	
Swimrun 1	1h30 to 2h15 swimrun with a 20min run included. RPE 2-3	
Strength 1	15 to 30 min with 5 to 10x (40" squats/20" rest), 5 to 10x (40" lunges forward/20" rest), 5 to 10x (40" plank on elbow/20" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





Week 6	Description	Session completed / Comments
Run 1	Long run: 1h30 to 2h30 - RPE 2-3	
Run 2	Hills: 45 to 90min RPE 4-6 with 2 to 4 x 10min hills with 5min jog on flat between the hills	
Run 3	Efforts longs: 45 to 90min with 4x 4min + 4x 1min r60" - RPE 8-9	
Run 4	Distance: 50 to 90min - RPE 2-3	
Run 5	Short efforts: 45 to 75min with 8-10x 40/20 (40" acceleration / 20" walk)) - RPE 9	
Swim 1	45 to 90min with 2-4x 400 PP z2 + 2-4x 300 PP z3 + 2-4x 200 Pull z2/3 - r15 to 30"	
Swim 2	45 to 90min with 12-16x 100 PP z2/z4 - r10 to 20"	
Swim 3	45 to 90min with 1x 1000 PP z2 + 1x 400 PP z3 - r15 to 30"	
Swimrun 1	1h30 to 2h45 swimrun with a 20 to 30 min run included. RPE 2-3	
Strength 1	15 to 30 min with 8 to 12x (45" squats/15" rest), 8 to 12x (45" lunges forward/15" rest), 8 to 12x (45" plank on elbow/15" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	







<b>Week 7</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 1h30 to 2h30 - RPE 2-3	
Run 2	Hills: 45 to 90min RPE 4-6 with 1 to 3 x 12min hills with 5min jog on flat between the hills	
Run 3	Efforts longs: 45 to 90min with 4x 5min + 5x 2min + 6x 1min r60" - RPE 8-9	
Run 4	Distance: 50 to 90min - RPE 2-3	
Run 5	Short efforts: 45 to 75min with 8-14x 40/20 (40" acceleration / 20" walk)) - RPE 9	
Swim 1	60 to 90min with 1-3x(400 PP z2 + 300 PP z3 + 200 Pull z2/3 + 100 z1)-r15 to30"	
Swim 2	45 to 90min with 10x 100 PP z2/z4 + 5x 200 z3 - r10 to 20"	
Swim 3	45 to 90min with 1x 800 PP z2 + 1-2x 500 PP z3 + 4x 50 PP z4 - r15 to 30"	
Swimrun 1	2h00 to 3h00 swimrun with at least 8 transitions. RPE 2-3	
Strength 1	15 to 30 min with 8 to 12x (45" squats/15" rest), 8 to 12x (45" lunges forward/15" rest), 8 to 12x (45" plank on elbow/15" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





<b>Week 8</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 1h30 to 2h30 - RPE 2-3	
Run 2	Hills: 45 to 90min RPE 4-6 with 1 to 2 x 15min hills with 5min jog on flat between the hills	
Run 3	Long efforts: 45 to 90min with 4x 1min + 4x 2min + 4x 3min r60" - RPE 8-9	
Run 4	Short efforts: 45 to 75min with 8-10x 40/20 (40" acceleration /20" walk)) - RPE 9	
Swim 1	50 to 90min with 2-4x (400 PP z2 + 200 Pull z3 + 100 z4)- r15 to 30"	
Swim 2	45 to 90min with 16-20x 50 PP z2/z4 + 4x 100 z3 - r10 to 20"	
Swim 3	45 to 90min with 5-8x 400 PP z2/3 - r15 to 30"	
Swimrun 1	1h00 to 2h swimrun. RPE 2-3	
Strength 1	15 to 30 min with 8 to 12x (45" squats/15" rest), 8 to 12x (45" lunges forward/15" rest), 8 to 12x (45" plank on elbow/15" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





<b>Week 9</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 1h30 to 2h30 - RPE 2-3	
Run 2	Long efforts: 45 to 90' with 4-5x 5min + 4x 1min r60" - RPE 8-9	
Run 3	Distance: 45 to 90' - RPE 2-3	
Run 4	Short efforts: 45 to 75' with 12-16x 30/15 (30" acc. / 15" walk)) - RPE 9	
Swim 1	50 to 90min with 2-4x (500 PP z2 + 200 PP z3)- r15 to 30"	
Swim 2	45 to 90min with 6-10x 300 PP z2/z3 - r10 to 20"	
Swim 3	45 to 90min with 2x 800 PP z2 + 4x 50 PP z4 - r15 to 30"	
Swimrun 1	2h00 to 3h00 swimrun with at least 10 transitions. RPE 2-3	
Strength 1	15 to 30 min with 8 to 12x (45" squats/15" rest), 8 to 12x (45" lunges forward/15" rest), 8 to 12x (45" plank on elbow/15" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





<b>Week 10</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long run: 1h30 to 1h45 - RPE 2-3	
Run 2	Long efforts: 45 to 90min with 4-6x 4min + 4x 1min r45" - RPE 8-9	
Run 3	Short efforts courts: 45 to 75min with 12-16x 40/20 (40" acc. / 20" walk)) - RPE 9	
Run 4	Distance: 45 to 90min - RPE 2-3	
Swim 1	45 to 90min with 2-3x (700 PP z2 + 100 PP z4)- r15 to 30"	
Swim 2	45 to 90min with 8-10x 200 PP z2/z3 - r10 to 20"	
Swim 3	45 to 90min with 1000 PP z2 + 600 PP z2 + 300 PP z3 + 100 Pull z3 - r15 to 30"	
Swimrun 1	1h30 to 3h swimrun. RPE 2-3	
Strength 1	15 to 30 min with 8 to 12x (45" squats/15" rest), 8 to 12x (45" lunges forward/15" rest), 8 to 12x (45" plank on elbow/15" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





Week 11	Description	Session completed / Comments
Run 1	Long run: 1h00 to 1h30 - RPE 2-3	
Run 2	Long efforts: 45 to 70min with 4x 4min + 4x 1min r60" - RPE 8-9	
Run 3	Short efforts: 45 to 60min with 8-10x 30/30 (30" acc. / 20" walk)) - RPE 9	
Run 4	45 to 60min with 1-2x (800 PP z2 + 200 PP z4)- r15 to 30"	
Swim 1	45 to 60min with 6-10x 200 PP z2/z3 - r10 to 20"	
Swim 2	45 to 60min with 1000 PP z2 + 400 PP z2 + 400 Pull z4 - r15 to 30"	
Swimrun 1	40min to 1h30 swimrun. RPE 2-3	
Strength 1	15 to 30 min with 8 to 12x (45" squats/15" rest), 8 to 12x (45" lunges forward/15" rest), 8 to 12x (45" plank on elbow/15" rest)	
Strength 2	15 to 30 min with 5 to 10x (45" sit ups/15" rest), 5 à 10x (40" plank on hands/20" rest), 5 to 10x (35" push ups/25" rest)	





<b>Week 12</b>	<b>Description</b>	<b>Session completed / Comments</b>
Run 1	Long efforts: 45min with 4x 4min r60" - RPE 8-9	
Run 2	Short efforts: 30min with 6-8x 30/30 (30" acceleration / 30" walk)) - RPE 9	
Run 3	Distance: 30 to 60min - RPE 2-3	
Swim 1	45min with 4x 200 PP z2/z3 - r10 to 20"	
Swim 2	30min with 10x 50 PP z2/z4 - r15 to 30"	
Swim 3	15min with 8x 50 PP z3/z4 - r15 to 30"	
<b>RACE</b>	<b>SWIMRUN RACE</b>	

