



## 6 Month Training Plan for Mackinac Island Swim 2024

Purpose	Week of:	Distance Goal	Time Goal	Weekly Goal	Description
<b>Build Strength &amp; Create and Endurance Base</b>	4-Feb				<p>Do your best at getting in the water a couple times a week.</p> <p>Yardage is not crucial, but plan for about 1-2 miles of swimming each practice. This is also an excellent time to work on injury prevention (i.e. stretching routine, strengthening exercises cross training, etc.) Strength/mobility exercises for small shoulder muscles would be great!</p>
	11-Feb				
	18-Feb				
	25-Feb				
	3-Mar				
	10-Mar				
	17-Mar				
	24-Mar				
<b>Increasing distance and challenging endurance</b>	7-Apr				
	14-Apr	1.5 miles	45 mins	7000 yards	Long Swim
	21-Apr	1 mile	Speed work, work on sets/intervals vs just swimming long distances		
	28-Apr	2 miles	1 hour +	8000 yards	Long Swim
	5-May	1.5 miles	Speed work, work on sets/intervals vs just swimming long distances		
<b>Open Water &amp; Distance Training</b>	12-May	2 miles	1 hour +	8000 yards	Long Swim - be able to swim 2 miles continuous
	19-May	1.5 miles			
	26-May	2.5 - 3 miles	1.5 hours	10000 yards	Long Swim
	2-Jun	2 miles	<b>Try to find some open water to train in or acclimate to.</b>		
	9-Jun	3 miles			
	16-Jun	4 miles	2 hours +	12000 yards	Long Swim - be able to swim 3 miles continuous
	23-Jun	2 miles	<b>This may be a great time to give yourself a recovery or rest week.</b>		
	30-Jun	3 -4 miles	1.5 - 2 hours	10000 yards +	Long Swim
	7-Jul	5 miles	2.5 hours +	15000 yards	Long Swim - test limits, feeling good? Go further.
14-Jul	3 -4 miles	<b>This is a great time to challenge yourself in open water environments if you havent yet.</b>			
<b>Intensity Weeks</b>	21-Jul 28-Jul	<b>Try to get your longest swim distance in one of these weeks (6 mi +)</b>			
<b>Taper Weeks</b>	4-Aug 11-Aug	2-4 miles 1 - 2 miles	<p>Swim to stay loose and active, but don't overdo it if you've already done your longest swim</p> <p>Travel week, do what you need to get your mind/body right!</p>		
<b>Event Day!</b>	18-Aug	<b>Congratulations, you did it!</b>			