

## 6 Month Training Plan for Mackinac Island Swim 2024

Purpose	Week of:	Distance Goal	Time Goal	Weekly Goal	Description
	4-Feb				
	11-Feb				
	18-Feb		Do your bes	t at getting in the	water a couple times a week.
Build Strength	25-Feb	Yardage is not crucial, but plan for about 1-2 miles of swimming each			
	3-Mar	practice. This is also an excellent time to work			
Create and Endurance Base	10-Mar	on injury prevention (i.e. stretching routine, strengthening exercises			
Create and Endarance Base	17-Mar	cross training, etc.) Strength/mobility exercises for small shoulder muscles would be great!			
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	24-Mar				
	31-Mar				
	7-Apr				
	14-Apr	1.5 miles	45 mins	7000 yards	Long Swim
Increasing distance and	21-Apr	1 mile	Speed work, work on sets/intervals vs just swimming long distances		
challenging endurance	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		
	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		Try to find some of	open water to train in or acclimate to.

**Open Water & Distance Training** 

**Event Day!** 

9-Jun

16-Jun

23-Jun

30-Jun

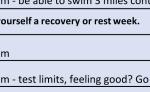
18-Aug











## 12000 yards Long Swim - be able to swim 3 miles continuous

- 10000 yards + Long Swim 15000 yards
- 2 hours + This may be a great time to give yourself a recovery or rest week.
- 3 -4 miles 1.5 - 2 hours 5 miles 2.5 hours +

Congratulations, you did it!

- Long Swim test limits, feeling good? Go further.
- This is a great time to challenge yourself in open water environments if you havent yet. Try to get your longest swim distance in
- 7-Jul 3 -4 miles
- 21-Jul 28-Jul one of these weeks (6 mi +) 4-Aug 2-4 miles Swim to stay loose and active, but don't overdo it if you've already done your longest swim 11-Aug 1 - 2 miles Travel week, do what you need to get your mind/body right!
- 14-Jul **Intensity Weeks Taper Weeks**

3 miles

4 miles

2 miles