



6 Month Training Plan for Mackinac Island Swim 2026

| Purpose | Week of: | | | | | | | |
|--|----------|--|---|---------------|--|--|--|--|
| Build Strength & Create an Endurance Base | 25-Jan | Do your best at getting in the water a couple times a week. Yardage is not crucial, plan for atleast 30 mins of swimming each workout. | | | | | | |
| | 1-Feb | | | | | | | |
| | 8-Feb | | | | | | | |
| | 15-Feb | | | | | | | |
| | 22-Feb | | | | | | | |
| | 1-Mar | | | | | | | |
| | 8-Mar | | | | | | | |
| | 15-Mar | | | | | | | |
| | 22-Mar | | | | | | | |
| | 29-Mar | Distance Goal | Time Goal | Weekly Goal | Description | | | |
| Increasing distance and challenging endurance | 5-Apr | 1.5 miles | 45 mins | 7000 yards | Long Swim | | | |
| | 12-Apr | 1 mile | Speed work, work on sets/intervals vs just swimming long distances | | | | | |
| | 19-Apr | 2 miles | 1 hour + | 8000 yards | Long Swim | | | |
| | 26-Apr | 1.5 miles | Speed work, work on sets/intervals vs just swimming long distances | | | | | |
| | 3-May | 2 miles | 1 hour + | 8000 yards | Long Swim - be able to swim 2 miles continuous | | | |
| Open Water & Distance Training | 10-May | 1.5 miles | | | | | | |
| | 17-May | 2.5 - 3 miles | 1.5 hours | 10000 yards | Long Swim | | | |
| | 24-May | 2 miles | Try to find some open water to train in or acclimate to. | | | | | |
| | 31-May | 3 miles | | | | | | |
| | 7-Jun | 4 miles | 2 hours + | 12000 yards | Long Swim - be able to swim 3 miles continuous | | | |
| | 14-Jun | 2 miles | This may be a great time to give yourself a recovery or rest week. | | | | | |
| | 21-Jun | 3 -4 miles | 1.5 - 2 hours | 10000 yards + | Long Swim | | | |
| | 28-Jun | 5 miles | 2.5 hours + | 15000 yards | Long Swim - test limits, feeling good? Go further. | | | |
| Intensity Weeks | 5-Jul | 3 -4 miles | This is a great time to challenge yourself in open water environments if you havent yet. | | | | | |
| | 12-Jul | Try to get your longest swim (in one go/or one day) in one of these weeks (6 mi +) | | | | | | |
| | 19-Jul | | | | | | | |
| Taper Weeks | 26-Jul | 2-4 miles | Swim to stay loose and active, but don't overdo it if you've already done your longest swim | | | | | |
| | 2-Aug | 1 - 2 miles | Travel week, do what you need to get your mind/body right! | | | | | |
| Event Day! | 9-Aug | Congratulations, you did it! | | | | | | |