



6 Month Training Plan for Mackinac Island Swim 2026

Purpose	Week of:				
Build Strength & Create an Endurance Base	25-Jan	<div>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.</div> <div>This is an excellent time to work on injury prevention.<ul style="list-style-type: none">- Stretching routine- Strengthening exercises- Shoulder mobility- Technique focus (high elbow catch!)</div>			
	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.
	5-Jul	3 -4 miles	This is a great time to challenge yourself in open water environments if you havent yet.		
Intensity Weeks	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 Travel week, do what you need to get your mind/body right!		
	2-Aug	1 - 2 miles			
Event Day!	9-Aug	Congratulations, you did it!			