




A training guideline to help you successfully complete the Mackinac Island Swim 8.2 mile challenge

6 Month Training Plan for Mackinac Island Swim 2022					
Purpose	Week of:	Distance Goal	Time Goal	Weekly total	Description
Building your strength and creating an endurance baseline	February 6	Do your best at getting in the water at least 2-3x a week. Yardage is not crucial, but plan for about 1 mile to 2 miles of distance each practice. This would also be an excellent time to work on injury prevention (i.e. getting a good stretching routine, strengthening exercises, cross training, etc.). I would highly recommend strength and mobility exercises for your small shoulder muscles. (google shoulder internal and external rotation exercises)			
	February 13				
	February 20				
	February 27				
	March 6				
	March 13				
	March 20				
	March 27				
	April 3				
	April 10				
Increasing distance and challenging your endurance	April 17	1.5 miles	45 mins	7000 yards	Long Swim
	April 24	1 mile	Speed work, work on sets/intervals vs just swimming long distance		
	May 1	2 miles	1 hour +	8000 yards	Long Swim
	May 8	1.5 miles	Speed work, work on sets/intervals vs just swimming long distance		
	May 15	2 miles	1 hour +	8000 yards	Long Swim - be able to swim 2 miles continuous
Open Water and Distance Training	May 22	1.5 miles	If you can, try to get some open water swimming in. The great lakes are swimmable at this point but you'll want the right cold water gear. The inland lakes are probably approaching decent wetsuit training temps.		
	May 29	2.5 - 3 miles	1.5 hours +	10000 yards	Long Swim
	June 5	2 miles	Try to get some open water swims that may challenge you. This could mean colder temps, rougher water or just getting more comfortable being in open water in general.		
	June 12	3 miles			
	June 19	4 miles	2 hours +	12000 yards	Long Swim - be able to swim a 5k continuous
	June 26	2 miles	Don't be afraid to take some recovery time during this training period. Reaching 4 miles continuous is no joke. Your mind and body may just need a healthy break. Also an excellent time for some cross training to get out of a rut. If you haven't started some open water training by this point, stop procrastinating!		
	July 3	3 - 4 miles			
	July 10	5 miles	2.5 hours+	15000 yards	Long Swim - test your new endurance limits, if you're feeling good, go further!
	July 17	3 - 4 miles	This is another great time to challenge yourself in open water that you may have not been able to do yet.		
	Intensity week	July 24	6 miles +	3 hours +	18000 yards
Taper	July 31	2-3miles	1.5 hours	12000 yards	If you did your longest swim already, stay active and in the water, but don't stress over mileage. If you didn't, get one long swim in before August 4 to allow for some recovery.
	August 7	1-2miles	1 hour	5000 yards	
 Event Day!	August 14	CONGRATULATIONS!			