

BEGINNER AQUATHON SCHEDULE: 8-WEEK PLAN

Note: Program based on short course Aquathon 400m swim & 3km run, modify for longer and shorter events

WEEK	Day 1	Day2	Day3	Day4	Day5	Day6	Day7
1 & 3	<p>Swim Fitness Total: 800-1000m</p> <p>Eg. Set: 100-200m warm up 2 x 50m 50 pick up's (25m easy, 25m harder), 2 x 200m swim (fins) 100m kick 100m backstroke</p> <p style="text-align: center;">+</p> <p>Yoga, core and stretch</p>	<p>Run: 3-5k Eg. Aim to run first half easy and than pick up pace to 70-80% for return half.</p>	<p>Cross training Free choice workout, yoga, bike ride, walk or gym.</p>	<p>Swim Efforts 800-1200m</p> <p>Easy 100m than do 2-4 x 50m swim with 'form drill'. *try catch up or high elbows. Rest for couple minutes than do: 3 -5 x100m @ 80%, 60 sec rest in between. Use fins if need.</p> <p>200m cool down kick</p>	<p>Day off</p>	<p>Run Fit 3-5k Eg. 10-20 min run easy – moderate pace, than at a park or beach add 5minutes of body exercises crunches, bench dips, pushup, than light 10-15 min jog 15min back</p>	<p>Rest or activity of choice.</p>

<p>2 & 4</p>	<p>Swim Fitness Total:1000-1200m</p> <p>200m warm up, than rest 1-2 minutes.</p> <p>Try a 300-400m swim for time.</p> <p>Than 200m kick or off stroke (other than freestyle).</p> <p>Extra: add 4-6 x 50m fins 80% than fiish with two laps slow.</p>	<p>Run Tempo 3-5k</p> <p>Rolling Tempo Start out 5-8min relaxed 60%, 5-8minute 70%, 5-8min 60%, 5-8min 80%, 5-8min 60%</p>	<p>Free choice</p>	<p>Swim & Run</p> <p>Try a jog of 1km to warm up, than do 200-400m swim and run 1-2k. Rest up few minutes and repeat.</p>	<p>Cross training of choice – cycle, surf, gym, circuit box</p>	<p>Rest</p>	<p>Beach/Park Run</p> <p>Hit the beach for a 20-30min run, add some wades 'run knee deep water' and lift legs high throughout (50-100m), add some effort! Extra add some in's & out's – swim x 50-100m back shore to a few times.</p> <p>Park try obstacle/circuit course, or TRX to add upper workout</p>
<p>5, 7</p>	<p>Swim</p> <p>Easy 30min swim of choice</p>	<p>Jog</p> <p>1km easy, than try 3km @ 80%, than 1km easy.</p>	<p>Transition's</p> <p>Hit local pool or open safe water, and after warm up, set run shoes up, and try 100m swim – 2min run efforts. 2min rest 5-10 times!</p>	<p>Rest or free choice</p>	<p>Swim</p> <p>200m easy, than 2min rest. Than try 50m hard, 50m easy, 100m hard, 50m easy, 50m hard, 50m easy. Kick 100-200m with fins, than repeat.</p>	<p>Rest Up</p>	<p>Aqua trial</p> <p>Warm up jog 5min, than either try in open water or pool 300-600m swim + 2.5-4km run</p>
<p>6</p>	<p>Free choice</p>	<p>Run Fartlek</p> <p>5min jog, than add in 30-90 sec efforts, with ~2min jog in between for 15-20min.</p>	<p>Swim Fitness either session above</p>	<p>Core work and stretch</p>	<p>Run Out and Back</p> <p>4-6k run with ½ out @ jog, and hit is harder on way back</p>	<p>Open Water Swim.</p> <p>- 20-30min</p>	<p>Rest Up!</p>

8 Race Week	Swim 20min easy relaxed.	Light Jog with pick up's 30min easy wit with 5 x 30 second efforts walk back at end.	Aqua trial Light 200-400m swim in pool or open water, than quick change to run gear and run a couple of km's.	Rest UP Stretch/massage	Light jog 15min, practice 'dry land transition' few times...or beach dip	Race Day Australia Day Aquathon	

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