

HENLEY SWIM FESTIVAL

12 WEEK PLAN

Welcome from Straight-Line Swimming

Welcome to your 12 week beginner training plan, to help support you for the Henley Swim on the 11th July. We are delighted to have teamed up with Henley to bring you this easy to follow training plan which will give you the confidence and structure to take on 1,600m in the open water. This plan is aimed at swimmers who can swim but have never trained for an open water event. We have a whole host of extra technique tips, open water skills and advice on our website so click the link below to really make the most of these 12 weeks.

Focus on one thing at a time

The ultimate advice we can give is to try and focus on just one thing at one time when it comes to swimming. It can be so overwhelming to have to think about everything all the time and that's when people lose motivation. So keep it simple and just focus on one thing at a time.

Join a gang on the same mission

Challenges are there to push us out of our comfort zone and the best way to stay on track and keep motivated is to know you are not alone. Join us over at Straight-Line Swimming where we will send out weekly emails with technique advice, open water skills and you can join our Facebook group filled with swimmers on the same journey.

Find a qualified coach

Taking on a 1 mile swim requires good technique and some basic open water skills, so we would highly recommend finding a fully qualified coach. A coach can give you the confidence that you can take this challenge and complete it with a smile on your face! Find a coach using our handy Coach Finder.

Looking for more tips to help your training plan? Sign up to our **FREE** community for weekly emails with videos, blogs and hints
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The guide to using your training plan

How to use this training plan

We have split the 12 weeks into 3 '**cycles**' each with their own specific goals and targets.

Each cycle is made up of 4 weeks, with 2 to 3 sessions per week.

You will see in the plan that we have given you the aim and main part of each session, however, we have left the warm up and cool down to you, but not to worry we will guide you through how to structure your full sessions on our **Instagram**.

If you are looking for more information and support head to the **Straight-Line Swimming website**

How to structure your sessions

The best way to structure your sessions is to break them up into 3 sections.

- Warm up & Prep Set
- Main session focus
- Cool Down

The warm up & cool down will vary depending on the type of session you are doing.

We believe that by following these 4 types of sessions you will be ready & confident to take on the Henley 1 mile swim.

- Technique
- Speed
- Distance
- Get fit

What sessions will I be doing?

This training plan has been designed to give you the tools to take on the Henley mile. Here are the session types to get you ready.

Technique - these sessions are to help you become efficient in the water.

Speed - the aim is to push your ability to swim in short sharp bursts.

Distance - these are to build up to 1 mile slowly so you know you can confidently swim the distance.

Get fit - improve your swimming fitness and stamina

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This first 4 week cycle of training is all about **GETTING IN**

Session 1

Session 2

Session 3

Wk 1

20 mins in water
Aim to swim 100m
non-stop

25 mins in water
Aim to swim 2x 100m
non-stop

Rest

Wk 2

Technique session
• Breathing
• Head position

25 mins in water
Aim to swim 200m
non-stop

Rest

Wk 3

Technique session
• Head position
• Rotation

25 mins in water
Aim to swim 300m
non-stop

Rest

Wk 4

Technique session
• Breathing
• Head position
• Rotation

Aim to swim 300m
non-stop with 15sec
rest into another
100m

Speed Session
4x 25m, upping
speed each 25m

Tips

The best thing to help you here is to focus on just **one thing at a time**

Work on doing as much **frontcrawl** as possible during the distance sessions

Working on **speed** is a really easy way to increase your overall pace

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This second 4 week cycle of training is all about **GETTING FIT**

Session 1

Session 2

Session 3

Wk 5

Technique session

- Rotation
- Propulsion

3 or 4x 100m at 50% effort with 15sec rest in between

Aim to swim 2x 300m non-stop with 1 minute rest in between

Wk 6

Speed session
4-6x 25m as fast as possible

5-7x 100m at 50% effort, 15sec rest in between

Aim to swim 600m non-stop with 30sec rest then 200m non-stop

Wk 7

Technique session

- Head position
- Rotation

8x 100m at 60% effort with 20sec rest in between

Aim to swim 1,000m non-stop as much frontcrawl as possible

Wk 8

Speed session
2x 50m at 80%
2x 25m at 100%

2x 100m at 60% effort, 2x 200m at 60% effort
Do this twice

Aim to swim 800m non-stop with 1min rest then 400m non-stop

Tips

Speed sets are about going as **FAST** as possible!

These are your **get fit** sessions and they are here to get your heart pumping.

Think back to how you felt after week 1, look at the **progress** you have made!

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The final 4 week cycle of training is all about **GETTING READY**

Session 1

Session 2

Session 3

Wk 9

Open Water Session
Technique focus

- Sighting
- Breathing

5x 200m at 60%
effort with 30sec
rest between each

Swim 800m non-stop
with 15sec rest,
then 600m

Wk 10

Open Water Session
Speed focus
4x 50m at
100% effort

100m & 200m at
70%
300m at 60%
Do this twice

Aim to swim 1,600m
non-stop

Wk 11

Open Water Session
Technique focus

- Pack swimming
- Body position

3x 100m at 70%,
1x 100m easy
Do this 4 times

Aim to swim 1,900m
non-stop

Wk 12

Open Water
Session with focus
on technique

Optional
Easy session to test
kit out

How exciting it's
Event Day :)

Tips

If you've never had a **coach** before this is a good time to find one for your intro to open water

If you feel you can push harder on these sessions - **go for it!** Just keep an eye on technique

Set your kit out the **night before** and get your bag packed so you are ready to go

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Event day tips to make it as easy as possible

Kit

Pack your kit bag the night before so you can be ready to go in the morning.

It's a good idea to have spares of as much of your kit as possible... just in case!

Nutrition

Ensure you are eating well and hydrating in the days LEADING up to the event.

A good source of protein for breakfast will be key to a good event day.

Planning

Plan the route you will take to the swim so you know how much time you will need well in advance.

Set 2 alarms to wake you up so you don't have a restless night sleep worrying about your alarm not going off.

Spectators

Having some moral support & someone to hold your towel will be a huge help on event day.

Spectators can watch you throughout your swim so make sure you ask them to take photos.

Fun Times!

The atmosphere is always one filled with fun and anticipation so don't be scared to chat with other attendees to share the excitement.

The finish zone has some great food and local produce so you can really make the most of the festival experience with other attendees.

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Timeline of events to support your journey



Keri-anne Payne will be hosting a Straight-line Swimming x Henley Swim Zoom event to talk through how to best prepare for the challenge. Tuesday 6th April, 19.30



12 weeks to go...
You will receive an email every Sunday from 18th April to 11th July with that week's session plans, tips and advice to set yourself up for success.



Henley Swim & Keri-anne Payne will walk you through a race day briefing in the comfort of your own home. Going through what to expect on the day, the route to take from your car to start line and the safety briefing.



It's event day!
Now is your time to put your training into practice.

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