



## Cinque Terre swim 2011 training tips

This is a 10k (approx) marathon solo and team swim. You will need to be fit to complete the event and still have energy to enjoy all those culinary delights Italy has to offer!

I asked several champion swimmers and top distance swim coaches for training tips – they have all been very generous with their advice.

**John Van Wisse**- Champion marathon swimmer- John is a professional swim coach and has had great success training many people for long distance events. He would be happy to run special training sessions for this event – alternatively he has regular pool and open water training sessions. His website is [www.johnvanwisse.com](http://www.johnvanwisse.com) phone 0417 056 749

**Nick Owen** – Brighton Iceberger and recent winner of the “Bloody Big Swim” 11.2k swim from Frankston to Mornington

*I am very happy to help in any way. I got a lot of advice from Grant Siedle, and did some of his baths sessions. The main thing I learnt this year was quality of sessions, not quantity was what was most important. The year before I did huge K's , whilst this year I did a lot of speed work, or repetition. 10x100 on a time, building up to 20x100 and then 20x200. Still did some long swims at Icebergers or at Lorne. Other key thing is technique, getting someone like Grant to give some hints/tips. All helps. Let me know, I am happy to chat to help you and the group. Cheers Nick*

(Grant Siedle 0423118036)

**Dick Champion** – Olympian & former Australian long distance swimming coach (he trained World Champion Melissa Cunningham). Dick has also coached and helped very average swimmers who are excited to make it to the other end of the pool!

G'day Gina.

*You asked for some ideas for a distance swimmer's training regime. Hopefully what I've set out below will be of benefit!*

*I am gestimating that the majority of the swimmers you want this training for are completing 2 ½ to 4K's a session. It's not a problem if they aren't, what I am setting out will challenge them into making the distances.*

*I would suggest that you start a 4 weekly cycle of swimming as follows:-*

*1<sup>st</sup> week. This not to be one continuous swim, I'll explain shortly! Now establish how many sessions a week you can accommodate and also establish a distance you can swim in training in your allotted time you've given yourself ie., 1 to 1 ½ hrs.*

*2<sup>nd</sup> week. You should increase your swim program both by distance & intensity from that of the first week. Don't get carried away because you are going to be doing this each 4 weekly cycle.*

*3<sup>rd</sup> week. Again you increase the program by distance & intensity, based on the 2<sup>nd</sup> weeks workouts.*

4<sup>th</sup> week. You maintain your efforts to that of the 3<sup>rd</sup> week.

Let's take time out and establish what you are doing in your swim programs. Say you started out planning to initially complete 3klms per session, as I said before don't do it as a straight swim. Break the distance down into a 500m warm up. 2 K's of efforts and 500m warm down with drills etc. Break the 2 K's down into 2 or 3 type efforts ie., those with long rest hard & fast quality, those with short rest still snappy and fast and working in oxygen debt, and distance swims ie 400's at 80% plus efforts. Try and create your swim programs a week at a time.

You are now starting the 2<sup>nd</sup> 4 weekly cycle. You probably will have increased your distance per session by 200mtres or so.

5<sup>th</sup> week. This being the start of a new cycle you revert to week 2 of the first cycle for distance & effort.

6<sup>th</sup> week. You now increase you program to that of week 3 of the first cycle for distance & effort.

7<sup>th</sup> week. This session you are going beyond what you have done previously in distance & effort.

8<sup>th</sup> week. You maintain distance & effort to that of week 7.

So from the above you can see it's a gradual increase allowing your body to cope with the increase in distance & efforts.

Now to an additional outlook on your distance swimming. I used to get my swimmers to have 1 session a month as a straight out swim effort and increase the distance each month to try to finish with 5,6,7 or 10K roughly 2 weeks out from competition. This way you have established you can swim a good distance at a grunt pace & be fully recovered by competition day.

Hope this is of benefit, it's the way I programmed Mel.

Have fun

Dick

**Robert Butcher** – Swim coach, champion swimmer (has won many open water events including Lorne Pier to Pub), holds several World Life Saving titles. Butch has successfully trained several people to swim the English Channel. You can join Butch's training squads at Melbourne Grammar Pool – Monday, Wednesday and Thursday nights at 6.30. Alternatively contact him for private training sessions on 0435 045 616.

I asked Butch what was the minimum an average plodder like me needed to do in order complete the 10k swim

*re training all you need to do is 2-3 sessions a week in a squad situation who do 3-4 k's @ a good pace & all will be fine.*

Happy swimming!!

Gina

*For those who love the journey as much as the destination...*

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