

Long Aquathon – 6 week training program

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 3 x 2min run/1min walk - 5min cool down	Swim: (400m) - 100m swim Main set: - 2 x 100m – 30 sec rest - Easy 100m	Long Run: - 4km	Swim: (400m) - 100m swim Main set: -2 x 100m – 30 sec rest -Easy 100m	Day Off	Aquathon (combine swim and Run): Swim: 400m Run: - 5min warm up - 3 x 2min run/1min walk - 5min cool down	Day Off

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 5 x 2min run/1min walk - 5min cool down	Swim: (500m) - 100m swim Main set: - 3 x 100m – 25 sec rest - Easy 100m	Long Run: - 5km	Swim: (500m) - 100m swim Main set: - 3 x 100m – 25 sec rest - Easy 100m	Day Off	Aquathon (combine swim and Run): Swim: 500m Run: - 5min warm up - 5 x 2min run/1min walk - 5min cool down	Day Off

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 4 x 3min run/1min walk - 5min cool down	Swim: (600m) - 200m swim Main set: - 200m – 30 sec rest - 2 x 100m – 25 sec rest - Easy 200m	Long Run: - 6km	Swim: (500m) - 100m swim Main set: - 3 x 100m – 25 sec rest - Easy 100m	Day Off	Aquathon (combine swim and Run): Swim: 500m Run: - 5min warm up - 4 x 3min run/1min walk - 5min cool down	Day Off

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 4 x 4min run/90sec walk - 5min cool down	Swim: (800m) - 200m swim Main set: - 200m – 30 sec rest - 1 x 100m – 25 sec rest - 2 x 50m – 20 sec rest - Easy 200m	Long Run: - 7km	Swim: (600m) - 200m swim Main set: - 200m – 30 sec rest - 2 x 100m – 25 sec rest - Easy 200m	Day Off	Aquathon (combine swim and Run): Swim: 600m Run: - 5min warm up - 4 x 4min run/90sec walk - 5min cool down	Day Off

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 4 x 5min run/2min walk - 5min cool down	Swim: (1000m) - 200m swim Main set: - 200m – 30 sec rest - 2 x 100m – 25 sec rest - 4 x 50m – 20 sec rest - Easy 200m	Long Run: - 8km	Swim: (700m) 200m swim Main set: -200m – 30 sec rest - 2 x 100m – 25 sec rest - 2 x 50m - 20 sec rest - Easy 200m	Day Off	Aquathon (combine swim and Run): Swim: 700m Run: - 5min warm up - 4 x 5min run/2min walk - 5min cool down	Day Off

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run: - 5min warm up - 5 x 5min run/2min walk - 5min cool down	Swim: (1200m) 200m swim Main set: -200m – 30 sec rest - 4 x 100m – 25 sec rest - 4 x 50m – 20 sec rest - Easy 200m	Long Run: 9km	Swim: (900m) 200m swim Main set: -2 x 200m – 30 sec rest - 1 x 100m – 25 sec rest - Easy 200m	Day Off	Aquathon (combine swim and Run): Swim: 900m Run: - 5min warm up - 5 x 5min run/2min walk - 5min cool down	Day Off