# TRAINING GUIDE

**Workout Type:**

Long Intervals

Short Intervals

Short Rest Intervals

Variable Intervals

Longer Steady Work

Longer Varied Work

**Total**

**Sessions** Notes

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

# Sample Plan

**Sample two week training plan for a goal of weight loss:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | M | T | W | Th | F | Sa | Su |
| Week 1 | 1 minute | 5000 | 4 x 4 | 5000 | 1-2-3- | 30 | 6000 meters, |
|  | hard/1 | meters | minutes | meters, | 4-3-2-1 | minutes | taking 10 |
|  | minute |  | with 2-4 | taking 20 | minutes | steady | harder |
|  | easy |  | minutes | harder | hard, |  | strokes at |
|  |  |  | rest in | strokes at the | with rest |  | the beginning |
|  |  |  | between | beginning of | equal |  | of each 500 |
|  |  |  |  | each 1000 | to work |  | meters |
|  |  |  |  | meters | time |  |  |
| Week 2 | 6 x 500 | 30 | 4 x 5 | (3 minutes @ | 5, 4, 3, 2, | 20 min- | Alternate 3 |
|  | meters, | minutes | minutes, | 22-24 spm, | 1 minute | utes, 1 | minutes con- |
|  | with 2 | steady | with 3 | moderate | hard, | minute | versational |
|  | minutes |  | minutes | steady pace, | with 2 | break, | pace with 1 |
|  | rest |  | rest | 2 minutes @ | minutes | 20 min- | minute harder |
|  |  |  |  | 25-27 spm | rest | utes | pace for a |
|  |  |  |  | increasing |  |  | total of 32-40 |
|  |  |  |  | your effort, |  |  | minutes |
|  |  |  |  | 1 minute @ |  |  |  |
|  |  |  |  | 28-30 spm |  |  |  |
|  |  |  |  | and higher |  |  |  |
|  |  |  |  | intensity) and |  |  |  |
|  |  |  |  | repeat 5-8 |  |  |  |
|  |  |  |  | times |  |  |  |

