



## Sample Plan

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

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

