

# 12 Week Short Course Swimrun Training Plan

## Who's this training plan for?

This training plan is for those who have already done a Sprint distance swimrun, or have experience doing planned running and swimming workouts. Ideally before beginning this plan, you are able to run 3 miles and swim 500 yards continuously and comfortably. This training plan should prepare you for Short Course distances, 6-12 miles total.

## How do I use this training plan?

This training plan is designed to be flexible for your unique schedule. Each week you should complete approximately 2-3 runs, 2-3 swims, 1 swimrun, and 1-2 strength and agility sessions. Some days will have 2 workouts. We encourage generally alternating run days and swim days in order to rest certain muscles while working others, completing your swimrun workout and long run on consecutive days to build endurance, and doing at least 50% of your runs on trail. Rest *at least* 1 day every 1-2 weeks. Check out the [Train](#) page for videos on swimrun-specific exercises.

\*The length and build rate of your long workouts in the second half of the program will depend on the amount of running and swimming in your target event. Aim for roughly 10-15% volume increase weekly, with your longest workouts three weeks before the race. Your longest run and swim workouts should reflect 80% of the total distances you'll do on race day in each discipline, with terrain that mimics what you will run at target event. Pull as indicated in the swim workouts if planning on using a pull buoy; otherwise, swim or kick depending on your race plan.

\*\*Your longest back to back long run and training swimrun should take a total of *at least* 100% of your target finish time. (If target finish time is 4 hours, two days of back to back long workouts should equal at least 4 hours.) There is significant psychological edge to be gained from training on tired arms and legs to simulate the physical and mental fatigue of the second half of the race, and completing an effort *greater* than race day over two consecutive workout days.

## How do I monitor exercise intensity?

For those without a heart rate monitor strapped to your chest or a \$500 sport watch, we recommend using Rate of Perceived Exertion (RPE) outlined above to monitor your pace. For those who monitor heart rate, we've included how to translate RPE to percentage Max Heart Rate (%MHR).

Exercise Intensity	RPE	%MHR	Activity Level
<b>Easy:</b> Warm-up and Recovery	1	50-60%	Daily activities other than sleeping
	2	60-70%	Feels like you can do this activity for hours.
	3		Able to hold a conversation.
<b>Moderate:</b> Aerobic	4	70-80%	Breathing is more noticeable. Able to hold a short conversation.
	5	80-90%	Breathing is hard.
	6		Able to say a short sentence.
<b>Hard:</b> Threshold and Anaerobic	7	90-100%	Breathing is deep and forceful. Able to say 3 words, but not wanting to talk.
	8		Difficult to maintain this intensity. Can barely speak a word.
	9		
	10		Out of breath. Unable to talk. A bear or a shark is chasing you.

## Abbreviations

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Week	Runs	Swims	Swimrun	Strength and Agility	
<b>B U I L D I N G  B A S E</b>	<b>1</b>	<b>Aerobic</b> 2 mi RPE 4-5  <b>Speed</b> inc 4x30s hill rep w/ 10 min wu/cd RPE 7 uphill, RPE 2 downhill  <b>Long</b> 3 mi RPE 2-3	<b>Technique</b> 30 min inc drills RPE 2-3  <b>Aerobic</b> 1000 yd inc 10x50 pull RPE 4-5	<b>20 min</b> 2 runs/1 swim RPE 2-3	<b>Mobility/stability</b> <b>(2 25-min sessions)</b> 5 min core/combined 10 min upper body 10 min lower body
	<b>2</b>	<b>Aerobic</b> 2 mi RPE 4-5  <b>Tempo</b> 10 min w/ 10 min wu/cd RPE 7  <b>Long</b> 4 mi RPE 2-3	<b>Technique</b> 30 min inc drills RPE 2-3  <b>Aerobic</b> 1000 yd inc 6x100 pull RPE 4-5	<b>30 min</b> 2 runs/1 swim RPE 2-3	<b>Mobility/stability</b> <b>(2 25-min sessions)</b> 5 min core/combined 10 min upper body 10 min lower body
	<b>3</b>	<b>Aerobic</b> 3 mi RPE 4-5  <b>Speed</b> inc 5x60s hill rep w/ 15 min wu/cd RPE 7 uphill, RPE 2 downhill  <b>Long</b> 4 mi RPE 2-3	<b>Technique</b> 30 min inc drills RPE 2-3  <b>Aerobic</b> 1500 yd inc 5x200 pull RPE 4-5	<b>60 min</b> 3 runs/2 swims RPE 2-3	<b>Mobility/stability</b> 5 min core/combined 10 min upper body 10 min lower body  <b>Agility</b> 5 min core 10 min plyometrics
	<b>4</b>	<b>Aerobic</b> 3 mi RPE 4-5  <b>Long</b> 5 mi RPE 2-3	<b>Technique</b> 30 min inc drills RPE 2-3  <b>Aerobic</b> 1200 yd inc 4x200 pull RPE 4-5  <b>Long</b> 2000 yd pull RPE 2-3	<b>30 min</b> 2 runs/1 swim RPE 3-4	<b>Mobility/stability</b> 10 min core/combined 10 min upper body 10 min lower body  <b>Agility</b> 5 min core 10 min plyometrics

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Week	Runs	Swims	Swimrun	Strength and Agility	
<b>S P E E D</b>	<b>5</b>	<p><b>Aerobic</b> 4 mi RPE 4-5</p> <p><b>Speed</b> 3 mi inc 4x [30s easy/30s mod/30s hard] RPE 3-6</p> <p><b>Long</b> 5 mi RPE 2-3</p>	<p><b>Speed</b> 1200 yd inc 10x50 alt hard/easy RPE 3-10</p> <p><b>OWS</b> 2000 yd pull RPE 2-3</p>	<p><b>45 min</b> 3 runs/2 swims RPE 3-4</p>	<p><b>Strength/agility</b> 5 min core/combined 10 min upper body 10 min lower body 10 min plyometrics</p> <p><b>Strength</b> 5 min core/combined 10 min upper body 10 min lower body</p>
	<b>6</b>	<p><b>Aerobic</b> 4 mi RPE 4-5</p> <p><b>Speed Hills</b> 4 mi inc 6x [30s easy/30s mod/30s hard] *focus on fast downhill RPE 3-6 inc</p> <p><b>Long</b> 5-7 mi or 60% total run distance* RPE 2-3</p>	<p><b>Speed</b> 1500 yd inc 8x100 alt hard/easy RPE 3-10</p> <p><b>OWS</b> 2000 yd pull inc 5x200 mod RPE 2-5</p>	<p><b>60 min</b> 3 runs/2 swims RPE 3-4</p>	<p><b>Strength/agility</b> 5 min core/combined 10 min upper body 10 min lower body 10 min plyometrics</p>
	<b>7</b>	<p><b>Aerobic</b> 5 mi RPE 4-5</p> <p><b>Speed</b> 4 mi inc 5x [60s easy/60s mod/60s hard] RPE 3-8</p> <p><b>Long</b> 6-8 mi or 70% total run distance* RPE 2-3</p>	<p><b>Speed</b> 1500 yd inc 5x [100 mod/50 hard/50 easy] RPE 3-10</p> <p><b>OWS</b> 2000-3000 yd pull or 70% total swim distance* RPE 2-3</p>	<p><b>90 min</b> 4 runs/3 swims RPE 3-4</p>	<p><b>Strength/agility</b> 5 min core/combined 10 min upper body 10 min lower body 10 min plyometrics</p> <p><b>Strength</b> 5 min core/combined 10 min upper body 10 min lower body</p>
	<b>8</b>	<p><b>Aerobic</b> 3 mi RPE 4-5</p> <p><b>Tempo</b> 3x [2 min RPE 7/ 3 min RPE 3] w/ 20 min wu/cd</p> <p><b>Long</b> 5 mi RPE 2-3</p>	<p><b>Speed</b> 1200 yd inc 5x [50 mod/50 hard/50 easy] RPE 3-10</p> <p><b>OWS</b> 2000 yd pull RPE 2-3</p>	<p><b>60 min</b> 3 runs/2 swims RPE 3-4</p>	<p><b>Mobility/stability</b> 5 min core/combined 10 min upper body 10 min lower body</p>

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Week	Runs	Swims	Swimrun	Strength and Agility	
<b>RACE READY</b>	<b>9</b>	<p><b>Aerobic</b> 5 mi RPE 4-5</p> <p><b>Tempo Hills</b> 4x [3 min hill climb] w/ 20 min wu/cd RPE 7 uphill, RPE 2 downhill</p> <p><b>Long</b> 6-8 mi or 80% total run distance** RPE 2-3</p>	<p><b>Technique</b> 45 min inc drills RPE 3-4</p> <p><b>OWS</b> 3000-4000 yd pull or 80% total swim distance* RPE 3-7</p>	<p><b>2 hours**</b> 5 runs/4 swims - plan/practice race nutrition/hydration RPE 3-5</p>	<p><b>Mobility/Stability</b> 10 min core/combined 10 min upper body 10 min lower body</p>
	<b>10</b>	<p><b>Aerobic</b> 4 mi RPE 4-5</p> <p><b>Speed Hills</b> 5x [60s easy/60s mod/60s hard] w/ 15 min wu/cd *focus on fast downhill RPE 3-6</p> <p><b>Long</b> 6 mi RPE 2-3</p>	<p><b>Speed</b> 1200 yd inc 5x [50 mod/50 hard/50 easy] RPE 3-8</p> <p><b>OWS</b> 3000 yd pull inc 3x [200 hard/200 easy] RPE 3-7</p>	<p><b>90 min</b> 4 runs/3 swims - simulate race segments, at race pace RPE 3-5</p>	<p><b>Mobility/Stability</b> 10 min core/combined 10 min upper body 10 min lower body</p>
	<b>11</b>	<p><b>Aerobic</b> 3 mi RPE 4-5</p> <p><b>Neural Maintenance</b> 4x [45 sec stride accelerations/ 2 min easy] w/ 10 min wu/cd RPE 2-10</p> <p><b>Long</b> 5 mi RPE 2-3</p>	<p><b>Aerobic</b> 1200 yd inc 5x[150 pull alt mod/easy] RPE 3-6</p> <p><b>OWS</b> 1500 yd pull with middle 1000 race pace RPE 4-6</p>	<p><b>45 min</b> 4 runs/3 swims - with race partner, focus on transitions RPE 2-3</p>	<p><b>Mobility/Stability</b> 10 min core/combined 10 min upper body 10 min lower body</p>
	<b>12</b>	<p><b>Aerobic</b> 3 mi inc 4x30s mod in last mile RPE 3-5</p> <p><b>OPTIONAL Aerobic</b> 2 mi 4x30s stride accelerations in last mile</p>	<p><b>Aerobic</b> 1200 yd inc 6x25 hard and 6x100 pull alt mod/easy RPE 2-7</p> <p><b>Technique</b> 20 min inc drills RPE 2-3</p>	<p><b>15-20 min</b> - check gear - fine tune transitions with partner</p> <p><b>RACE</b></p>	<p><b>Mobility/Stretching</b> pre/post race 10-15 min</p>

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