



12 Week Sprint Course Swimrun Training Plan

Who's this training plan for?

This training plan is for those who might already run and/or swim and are interested in mashing those two things together to try their first swimrun! Ideally before beginning this plan, you are able to run 2 miles and swim 250 yards continuously and comfortably. This training plan should prepare you for Sprint Course distances, less than 6 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 runs, 1-2 swims, 1 swimrun, and up to 1 strength and agility session. Check out the [Train](#) page for videos on swimrun-specific exercises. We encourage 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. Pull as indicated in the swim workouts if planning on using a pull buoy; otherwise, swim or kick depending on your race plan. Rest *at least* 1 day every 1-2 weeks.

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) to monitor your pace.

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

Abbreviations

mi = miles, yd = yards, s = seconds, min = minutes, mod = moderate, wu = warm-up, cd = cool down, inc = including, rep = repeats, alt = alternating, OWS = open water swim

Week	Runs	Swims	Swimrun	Strength and Agility
B U I L D I N G B A S E	1 Aerobic 1.5 mi RPE 4-5 Long 2 mi RPE 2-3	Technique 10 min RPE 2-3 Aerobic 500 yd RPE 4-5	20 min 2 runs/1 swim RPE 2-3	Mobility/stability 5 min core/combined 10 min upper body 10 min lower body
	2 Hills inc 4x30s hill rep w/ 10 min wu/cd RPE 7 uphill, RPE 2 downhill Long 3 mi RPE 2-3	Technique 10 min RPE 2-3 Aerobic 500 yd RPE 4-5		Mobility/stability 5 min core/combined 10 min upper body 10 min lower body
	3 Aerobic 2 mi RPE 4-5 Long 4 mi RPE 2-3	Aerobic 500 yd inc 5x50 yd pull w/ buoy RPE 4-5	30 min 2 runs/1 swim RPE 2-3	Mobility/stability 5 min core/combined 10 min upper body 10 min lower body
	4 Hills inc 4x60s hill rep w/ 10 min wu/cd RPE 7 uphill, RPE 2 downhill Long 3 mi RPE 2-3	Aerobic 750 yd inc 5x100 yd pull w/ buoy RPE 4-5 Long 400 yd pull w/ buoy RPE 2-3		Mobility/stability 5 min core/combined 10 min upper body 10 min lower body
S P E E D	5 Speed 2 mi inc 4x [30s easy/30s mod/30s hard] RPE 3-7 Long 4 mi RPE 2-3	Speed 500 yd inc 10x25 alt hard/easy RPE 3-10	30 min 2 runs/2 swims RPE 3-4	Agility 5 min core/combined 10 min plyometrics
	6 Aerobic 3 mi RPE 4-5 Long 5 mi RPE 2-3	Speed 500 yd inc 8x50 alt hard/easy RPE 3-10 OWS 600 yd pull w/ buoy RPE 2-3		Mobility/stability 5 min core/combined 10 min upper body 10 min lower body

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Week	Runs	Swims	Swimrun	Strength and Agility	
SPEED	7	Speed 2 mi inc 4x [60s easy/60s mod/60s hard] RPE 3-7 Long 5 mi RPE 2-3	Speed 600 yd inc 4x [50 mod/25 hard/25 easy] RPE 3-10	45 min 3 runs/2 swims RPE 4-5	Agility 5 min core/combined 10 min plyometrics
	8	Speed 2 mi 6x [60s easy/60s mod/60s hard] *focus on light and quick downhill RPE 3-7 Long 4 mi RPE 2-3	Speed 600 yd inc 3x [50 mod/50 hard/50 easy] RPE 3-10 OWS 750 yd pull w/ buoy RPE 3-4		Mobility/stability 5 min core/combined 10 min upper body 10 min lower body
RACE READY	9	Aerobic 3 mi RPE 4-5 Long 5 mi RPE 2-3	Aerobic 750 yd inc 5x100 yd pull w/ buoy RPE 4-5	60 min 4 runs/3 swims - simulate race segments, at race pace RPE 4-6	Agility 5 min core/combined 10 min plyometrics
	10	Speed 2 mi inc 3x [60s easy/60s mod/60s hard] RPE 3-6 Long 4 mi RPE 2-3	Speed 600 yd inc 8x50 hard with rest RPE 3-8 OWS 1000 yd pull w/ buoy RPE 3-4		Mobility/stability 5 min core/combined 10 min upper body 10 min lower body
	11	Aerobic 2 mi inc 3x (30 sec mod/30 sec hard) RPE 4-5 Long 3 mi RPE 2-3	Aerobic 1000 yd inc 5x150 yd pull w/ buoy RPE 4-5	45 min 4 runs/4 swims - with race partner, focus on transitions RPE 2-3	Mobility/stability 5 min core/combined 10 min upper body 10 min lower body
	12	Aerobic 3 mi inc 4x30s mod in last mile RPE 3-5	Aerobic 500 yd inc 8x25 mod RPE 3-5	15 min - check gear - fine tune transitions with partner - RACE!	Mobility/Stretching pre/post race 10-15 min

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