

AQUATHLON TRAINING GUIDE



AQUATHON DISTANCES

SHORT COURSE JUNIOR 12-16

1km Run • 150m Swim • 1k Run.

SHORT COURSE INDIVIDUAL OPEN

1km Run • 150m Swim • 1k Run.

LONG COURSE INDIVIDUAL & TEAMS

1km Run • 150m Swim • 1k Run.

TRAINING FOR YOUR FIRST AQUATHON

Aquathons don't require expensive equipment, or to be a member of a Triathlon Club to participate. Aquathons provide a fitness challenge to individuals no matter what your sporting background and are a perfect lead into the sports of Running, Swimming and Triathlons.

With these tips, the selection of an appropriate training program (Beginners, or Advanced) and consistent training, you'll be well on your way to preparing for and completing your first Aquathon.

*John Braszell - Swim/Run Coach
Hawthorn Aquatic and Leisure
Centre*

TRAINING TIPS:

- ✓ Base your training program selection on your level of experience, fitness, and event entered i.e., Short Course, or Long Course Aquathon.
- ✓ Allow 6 weeks preparation for Short Course and 8 weeks for Long Course.
- ✓ Seek out a local swim or run group for structured training sessions delivered by a qualified coach.
- ✓ Get a friend involved, or work group and practice together for motivation and accountability.
- ✓ Select appropriate equipment i.e., goggles, swimwear, runners etc.
- ✓ Complete a few sessions (run and swim) in your race day gear to make sure everything fits well and is comfortable.
- ✓ Practice your transitions. Lay your gear out in a logical order. etc runners, hat, sunglasses.
- ✓ Build up your training run and swim to be able to get past the distance you have entered.
- ✓ Two weeks out try running after you have been swimming, this will get your legs used to switching from swimming to running.

RACE DAYS TIPS:

- ✓ Arrive early.
- ✓ Study the course, do it again.
- ✓ Use Sunscreen.
- ✓ Hydrate before, during and post event.
- ✓ Place run gear and towel at transition area as you practice during training.
- ✓ Keep items in transition to a minimum.
- ✓ Watch out for others when running in the transition area.
- ✓ Use a bright towel or hat to find your spot.
- ✓ Elastic laces make for a quicker change of runners.
- ✓ Complete a gentle warmup run and lightly stretch post run.

BEGINNERS PROGRAM

(6 WEEKS / SUITABLE FOR SHORT COURSE DISTANCE)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1 & 2	<p>SWIM 800m - Strength Endurance</p> <p>Warm-up:</p> <ul style="list-style-type: none"> • 100m easy freestyle. • 2 x 50m as 25m Fast Freestyle / 25m Easy Breaststroke) • (30 sec rest between reps) <p>Main:</p> <ul style="list-style-type: none"> • 8 x 50m Freestyle @ moderate/fast pace • (20 sec rest between reps) <p>Cool down:</p> <ul style="list-style-type: none"> • 100m Backstroke, or Breaststroke. 	<p>RUN Easy Run (talking pace): 20-30 min + Stretch post run.</p>	<p>REST DAY, OR CROSS TRAIN. Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>SWIM 1000m - Endurance</p> <p>Warm-up:</p> <ul style="list-style-type: none"> • 200m easy freestyle. • 2 x 50m (25m Fast Freestyle / 25m Easy Breaststroke) • (30sec rest between reps). <p>Main</p> <ul style="list-style-type: none"> • 5 x 100m @ moderate pace. • (30 sec rest between reps) <p>Cool down:</p> <ul style="list-style-type: none"> • 200m Backstroke, or Breaststroke. 	<p>CROSS TRAIN. Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>RUN Easy Run (talking pace) 30-35 min + Stretch post run.</p>	REST DAY
WEEK 3 & 4	<p>SWIM 1000m - Strength Endurance</p> <p>Warm-up:</p> <ul style="list-style-type: none"> • 200m easy freestyle. • 4 x 50m as 25m Fast Freestyle / 25m easy Breaststroke) with 30 sec rest between reps. <p>Main:</p> <ul style="list-style-type: none"> • 2 x 100m (30 sec rest) • 6 x 50m (15 sec rest) <p>Cool down:</p> <ul style="list-style-type: none"> • 100m Backstroke 	<p>RUN Fartlek (30 min.)</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 10min Easy running. <p>Main: 15min. as.</p> <ul style="list-style-type: none"> • 5 x 2 min. @ 70-80% effort x 1 min. jog, or walk rec. <p>Cool Down:</p> <ul style="list-style-type: none"> • 5 min. Easy running. • Stretch post run. 	<p>REST DAY, OR CROSS TRAIN. Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>SWIM 1200m - Endurance</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 200m easy freestyle. • 4 x 50m (25m Fast Freestyle / 25m Easy Breaststroke) • (30sec rest between reps). <p>Main</p> <ul style="list-style-type: none"> • 6 x 100m @ moderate pace. • (30 sec rest between reps) <p>Cool down:</p> <ul style="list-style-type: none"> • 200m Backstroke, or Breaststroke. 	<p>CROSS TRAIN Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>RUN Easy Run (talking pace) 35-40 min + Stretch post run.</p>	

BEGINNERS PROGRAM

(6 WEEKS / SUITABLE FOR SHORT COURSE DISTANCE)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 5	<p>SWIM 1200m – Strength Endurance</p> <p>Warm up:</p> <ul style="list-style-type: none"> 200m easy freestyle. 4 x 50m as 25m Fast Freestyle / 25m easy Breaststroke) with 30 sec rest between reps. <p>Main:</p> <ul style="list-style-type: none"> 200m Easy (60 sec rest) 2 x 100m Mod (30 sec rest) 4 x 50m Fast (15 sec rest) <p>Cool down:</p> <ul style="list-style-type: none"> 200m Backstroke 	<p>RUN Fartlek (40 min.)</p> <p>Warm up:</p> <ul style="list-style-type: none"> 10min Easy running. <p>Main: 20 min as.</p> <ul style="list-style-type: none"> 5 x 3 min @ 70-80% effort x 1 min. jog or walk recovery. <p>Cool Down:</p> <ul style="list-style-type: none"> 5 min. Easy running. Stretch post run. 	<p>REST DAY, OR CROSS TRAIN Bike Ride, Walk, Gym, Yoga, or Core Strength.</p>	<p>SWIM/RUN Race prep/Transition practice.</p> <p>Warm up:</p> <ul style="list-style-type: none"> 10 min Easy run. <p>Main:</p> <ul style="list-style-type: none"> Set up your run gear. 4 x 50m swim + 2 min run, as follows: 50m swim @ 90%, exit the pool, change into your run gear, and run at race pace for 2 min. Rest for 2-3 min. (Change back into swimwear) <p>Cool down:</p> <ul style="list-style-type: none"> 200m easy swim 	<p>CROSS TRAIN Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>RUN Easy Run (talking pace) 40-45 min. + Stretch post run.</p>	REST DAY
WEEK 6	<p>SWIM 800m – Race Prep</p> <p>Warm-up:</p> <ul style="list-style-type: none"> 200m easy freestyle. 4 x 50m as 25m Fast Freestyle / 25m easy Breaststroke) with 30 sec rest between reps. <p>Main:</p> <ul style="list-style-type: none"> 4 x 50m (15 sec rest) <p>Cool down:</p> <ul style="list-style-type: none"> 200m Backstroke 	<p>RUN Easy Run + Strides</p> <ul style="list-style-type: none"> 15 min. Easy running. Post run complete 4-6 x 100-120m strides (faster running) @ 80% effort with a walk back recovery between strides. Stretch post run. 	<p>REST DAY Easy walk and light stretch.</p>	<p>SWIM/RUN</p> <ul style="list-style-type: none"> Very Easy Swim 200-300m Change into run gear. Easy 15min Run. Stretch post run. 	<p>REST DAY Easy walk and light stretch.</p>	AQUATHON RACE DAY	

ADVANCE PROGRAM

(8 WEEKS / SUITABLE FOR LONG COURSE DISTANCE)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1 & 2	<p>SWIM 1200m – Strength Endurance</p> <p>Warm-up:</p> <ul style="list-style-type: none"> • 200m easy freestyle. • 4 x 50m as 25m Fast Freestyle / 25m Easy Breaststroke. (30 sec rest) <p>Main:</p> <ul style="list-style-type: none"> • 12 x 50m Freestyle @ moderate/ fast pace • (20 sec rest between reps) <p>Cool down:</p> <ul style="list-style-type: none"> • 200m Alternate Back/Breast. 	<p>RUN Fartlek (40 min.)</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 15 min Easy running. <p>Main: 15 min as.</p> <ul style="list-style-type: none"> • 5 x 2 min @ 70-80% effort x 1 min jog, or walk rec. <p>Cool Down:</p> <ul style="list-style-type: none"> • 10 min Easy running. • Stretch post run. 	<p>REST DAY, OR CROSS TRAIN. Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>SWIM 1600m - Threshold</p> <p>Warm-up:</p> <ul style="list-style-type: none"> • 300m easy freestyle. • 6 x 50m (25m Fast Freestyle / 25m Easy Breaststroke) • (30sec rest between reps). <p>Main</p> <ul style="list-style-type: none"> • 8 x 100m @ moderate pace. • (20 sec rest between reps) <p>Cool down:</p> <ul style="list-style-type: none"> • 200m Alternate Back/ Breast. 	<p>CROSS TRAIN. Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>RUN Easy Run (talking pace) 45-50 min. + Stretch post run.</p>	REST DAY
WEEK 3 & 4	<p>SWIM 1600m – Strength Endurance</p> <p>Warm-up:</p> <ul style="list-style-type: none"> • 300m easy freestyle. • 6 x 50m as 25m Fast Freestyle / 25m easy Breaststroke. (30 sec rest) <p>Main:</p> <ul style="list-style-type: none"> • 200m Easy • 2 x 100m Mod (20 sec rest) • 8 x 50m Fast (15 sec rest) <p>Cool down:</p> <ul style="list-style-type: none"> • 300m Alternate Back/Breast. 	<p>RUN • Fartlek (45 min.)</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 15 min Easy running. <p>Main: 18 min. as</p> <ul style="list-style-type: none"> • 6 x 2 min. @ 70-80% effort x 1 min. jog, or walk rec. <p>Cool Down:</p> <ul style="list-style-type: none"> • 12 min. Easy running. • Stretch post run. 	<p>REST DAY, OR CROSS TRAIN. Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>SWIM 2000m - Threshold</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 400m easy freestyle. • 6 x 50m as 25m Fast Freestyle / 25m Easy Breaststroke (30sec rest) <p>Main</p> <ul style="list-style-type: none"> • 10 x 100m @ moderate pace. • (20 sec rest between reps) <p>Cool down:</p> <ul style="list-style-type: none"> • 300m Alternate Back/ Breast. 	<p>CROSS TRAIN Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>RUN Easy Run (talking pace) 50-55 min. + Stretch post run.</p>	REST DAY

ADVANCE PROGRAM

(8 WEEKS / SUITABLE FOR LONG COURSE DISTANCE)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 5 & 6	<p>SWIM 2000m - Strength Endurance</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 300m easy freestyle. • 6 x 50m as 25m Fast Freestyle / 25m Easy Breaststroke) with 30 sec rest between reps. <p>Main:</p> <ul style="list-style-type: none"> • 400m Easy (60 sec rest) • 2 x 200m Mod (30 sec rest) • 4 x 100m Fast (20 sec rest) <p>Cool down:</p> <ul style="list-style-type: none"> • 200m Alternate Back/Breast 	<p>RUN Fartlek (50 min.)</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 10 min. Easy running. <p>Main: 20 min. as.</p> <ul style="list-style-type: none"> • 5 x 3 min @ 70-80% effort x 1 min. jog or walk recovery. <p>Cool Down:</p> <ul style="list-style-type: none"> • 5 min. Easy running. • Stretch post run. 	<p>REST DAY, OR CROSS TRAIN Bike Ride, Walk, Gym, Yoga, or Core Strength.</p>	<p>SWIM/RUN 2400m - Threshold</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 400m easy freestyle. • 8 x 50m as 25m Fast Freestyle / 25m Easy Breaststroke (30sec rest) <p>Main</p> <ul style="list-style-type: none"> • 12 x 100m @ moderate pace. • (20 sec rest between reps) <p>Cool down:</p> <ul style="list-style-type: none"> • 400m Alternate Back/Breast. 	<p>CROSS TRAIN Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>RUN Easy Run (talking pace) 55-60 min. + Stretch post run.</p>	REST DAY
WEEK 7	<p>SWIM 2400m - Strength Endurance</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 400m easy freestyle. • 4 x 50m as 25m Fast Freestyle / 25m Easy Breaststroke) with 30 sec rest between reps. <p>Main:</p> <ul style="list-style-type: none"> • 400m Easy (60 sec rest) • 2 x 200m Easy- Mod (30 sec rest) • 4 x 100m Mod (20 sec rest) • 8 x 50m Fast (15 sec rest) <p>Cool down:</p> <ul style="list-style-type: none"> • 200m Alternate Back/Breast 	<p>RUN Fartlek (50 min.)</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 16 min Easy running. • <p>Main: 24 min. as.</p> <ul style="list-style-type: none"> • 6 x 3 min. @ 70-80% effort x 1 min. jog or walk recovery. • <p>Cool Down:</p> <ul style="list-style-type: none"> • 10 min. Easy running. • Stretch post run. 	<p>REST DAY, OR CROSS TRAIN Bike Ride, Walk, Gym, Yoga, or Core Strength.</p>	<p>SWIM/RUN Race prep/Transition practice.</p> <p>Warm up:</p> <ul style="list-style-type: none"> • 15 min Easy running. <p>Main:</p> <ul style="list-style-type: none"> • Set up your run gear. • 4 x (100m swim + 3 min. run), as follows: • 100m swims @ 90%, exit the pool, change into your run gear, and run 3 min. at race pace. Rest for 2-3 min. Changing back into swimwear and repeat. <p>Cool down:</p> <ul style="list-style-type: none"> • 200m Alternate Back/Breast. 	<p>CROSS TRAIN Bike Ride, Gym, Yoga, or Core Strength.</p>	<p>RUN Easy Run (talking pace) 30-40 min. + Stretch post run.</p>	

ADVANCE PROGRAM

(8 WEEKS / SUITABLE FOR LONG COURSE DISTANCE)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
WEEK 8	<p>SWIM</p> <ul style="list-style-type: none"> 1000m - Race Prep <p>Warm-up:</p> <ul style="list-style-type: none"> 200m easy freestyle. 4 x 50m as 25m Fast Freestyle / 25m easy Breaststroke) with 30 sec rest between reps. <p>Main:</p> <ul style="list-style-type: none"> 10 x 50m Alternate Odds Fast / Evens easy (15 sec rest) <p>Cool down:</p> <ul style="list-style-type: none"> 200m Alternate Back/Breast 	<p>RUN</p> <p>Easy Run + Strides</p> <ul style="list-style-type: none"> Easy Run + Strides 20 min. Easy running. Post run complete 4-6 x 100-120m strides (faster running) @ 80-90% effort with a walk back recovery between strides. Stretch post run. 	<p>REST DAY</p> <p>Easy walk and light stretch.</p>	<p>SWIM/RUN</p> <ul style="list-style-type: none"> Easy Swim 500-600m with 4 x 25m fast efforts during. Change into run gear. Easy Run for 20 min. Stretch post run. 	<p>REST DAY</p> <p>Easy walk and light stretch.</p>	<p>RACE DAY</p>		<p>RECOVERY</p>