

A Unique 24-Week Fitness Program for the Mature Athlete: Swimming and Running Emphasis

Weeks 1 to 12 – emphasis on winning a Master’s swimming event.

During this cycle you will train five days per week, such as M-Tu-W-F-Sa or Su-M-Tu-Th-F, or any combination of three consecutive work days – a recovery day – two consecutive work days – a recovery day. The format will be as follows:

Day 1 – continuous run and strength training.

Day 2 – swimming & interval or Fartlek runs.

Day 3 – continuous run.

Day 4 – REST DAY.

Day 5 - swimming & strength training.

Day 6 – HARD swimming and your choice of activity.

Day 7 – REST DAY.

Weeks 13 to 24 – emphasis on running and winning a 5K competition.

During this cycle you will again train five days per week as in the previous cycle, but the format will change to this:

Day 1 – challenging continuous run – replicate the effort required for a 5K run.

Day 2 – swimming & strength training.

Day 3 – REST DAY.

Day 4 – challenging continuous run – replicate the effort required for a 5K run.

Day 5 - swimming & interval or Fartlek runs.

Day 6 – REST DAY.

Day 7 – intervals or Fartlek runs & strength training.

IMPORTANT POINTS FOR PROGRAM SUCCESS

Always record your workout data from session to session. The amount of resistance used, number of repetitions achieved, workout completion time, and any other pertinent information should be documented for sensible progression.

Make sure you warm up and cool down for each training session.

24-Week Fitness Program

WEEKS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 - 12	Continuous Run & Strength Training	Swim & Intervals or Fartlek Run	Continuous Run	REST	Swim & Strength Training	Swim & Your choice?	REST
13 - 24	Challenging Continuous Run	Swim & Strength Training	REST	Challenging Continuous Run	Swim & Intervals or Fartlek Run	REST	Intervals or Fartlek Run & Strength Training

Options to plug into workout sessions:

FARTLEK RUNS

Fartlek runs are composed of varied speeds: jogging, striding, sprinting, and walking. They can be performed on the road, a trail, an indoor track, or an outdoor track.

FARTLEK RUN option #1 (choose one)

Road/Trail – Jog: 30 - Sprint: 10 - Walk: 20 x 20:00/20 reps.

Indoor Track – Jog 1 lap – Sprint ½ lap – Walk ½ lap x 8 rounds/16 laps.

Outdoor Track – Jog ½ lap – Sprint ½ lap – Walk ½ lap x 5 rounds/7.5 laps.

FARTLEK RUN option #2 (choose one)

Road/Trail – Jog: 30 - Sprint: 10 - Walk: 20 x 25:00/25 reps.

Indoor Track – Jog 1 lap – Sprint ½ lap – Walk ½ lap x 10 rounds/20 laps.

Outdoor Track – Same as Fartlek #1, but do it in less time.

FARTLEK RUN option #3 (choose one)

Road/Trail – Jog: 30 - Sprint: 10 - Walk: 20 x 20:00/20 reps.

Indoor Track – Jog 1 lap – Sprint ½ lap – Walk ½ lap x 9 rounds/18 laps.

Outdoor Track – Same as Fartlek #2, but do it in less time.

FARTLEK RUN option #4 (choose one)

Road/Trail – Jog: 20 - Sprint: 35 - Walk: 35 x 25:00/16 reps.

Indoor Track – Jog 1 lap – Sprint 1lap – Walk ½ lap x 8 rounds/20 laps.

Outdoor Track – Same as Fartlek #3, but do it in less time.

FARTLEK RUN option #5 (choose one)

Road/Trail – Jog: 20 - Sprint: 35 - Walk: 35 x 30:00/20 reps.

Indoor Track – Jog 1 lap – Sprint 1lap – Walk ½ lap x 6 rounds/15 laps.

Outdoor Track – Same as Fartlek #4, but do it in less time.

FARTLEK RUN option #6 (choose one)

Road/Trail – Jog: 20 - Sprint: 35 - Walk: 35 x 25:00/16 reps.

Indoor Track – Jog 1 lap – Sprint 1lap – Walk ½ lap x 7 rounds/18 laps.

Outdoor Track – Same as Fartlek #5, but do it in less time.

CONTINUOUS WORK

Continuous work, as the name implies, is steady-state exercise with no rest breaks. These workouts can be done anywhere (running on the road, trail, track, field) or on an exercise device (treadmill, elliptical, stair climber, rower).

Unlike most continuous runs performed at a relatively low-level, these will require you to up the intensity. The goal will be to work as hard as you can without resting. Ideally, your heart rate should remain at least 70% of maximum and just below the lactate threshold (the point where you can train the hardest but without the muscles becoming too acidic). Note that continuous workout is longer than 30 minutes, so make sure you get the most out of the relatively brief sessions.

Each workout entails a 3:00 warm up, designated work time, and 3:00 cool down.

Options:

CONTINUOUS option #1

3:00 warm up
15:00 work
3:00 cool down

CONTINUOUS option #2

3:00 warm up
18:00 work
3:00 cool down

CONTINUOUS option #3

3:00 warm up
21:00 work
3:00 cool down

CONTINUOUS option #4

3:00 warm up
18:00 work
3:00 cool down

CONTINUOUS option #5

3:00 warm up
24:00 work
3:00 cool down

CONTINUOUS option #6

3:00 warm up
21:00 work
3:00 cool down

CONTINUOUS option #7

3:00 warm up
18:00 work

3:00 cool down

CONTINUOUS option #8

3:00 warm up
24:00 work
3:00 cool down

CONTINUOUS option #9

3:00 warm up
21:00 work
3:00 cool down

CONTINUOUS option #10

3:00 warm up
24:00 work
3:00 cool down

CONTINUOUS option #11

3:00 warm up
21:00 work
3:00 cool down
CONTINUOUS option #12

3:00 warm up
24:00 work
3:00 cool down

CHALLENGING CONTINUOUS WORK

CONTINUOUS - VARIED

3:00 warm up
Replicate the 5k demands
3:00 cool down

INTERVALS

Similar to the previous cycles, interval training can be accomplished via track running, agility drills, shuttle runs, rowing, stair-climbing, elliptical machines, etc.

The goal is to go all-out (hard effort), back off (easy effort), and repeat for the prescribed number of repetitions (bouts).

Options:

INTERVALS option #1

Warm up = 3:00

Hard effort = 1:00

Easy effort = :30

Bouts = 15

Cool down

(Approximately a 25:00 session)

INTERVALS option #2

Warm up = 3:00

Hard effort = 3:00

Easy effort = 1:30

Bouts = 7

Cool down

(Approximately a 35:00 session)

INTERVALS option #3

Warm up = 3:00

Hard effort = 2:00

Easy effort = 0:45

Bouts = 10

Cool down

(Approximately a 30:00 session)

INTERVALS option #4

Warm up = 2:00

Hard effort = 0:45

Easy effort = 0:25

Bouts = 15

Cool down

(Approximately a 20:00 session)

INTERVALS option #5

Warm up = 3:00

Hard effort = 1:30

Easy effort = 1:00

Bouts = 13

Cool down

(Approximately a 35:00 session)

INTERVALS option #6

Warm up = 1:30

Hard effort = 0:20

Easy effort = 0:10

Bouts = 10

Easy effort = 3:30

Hard effort = 0:20

Easy effort = 0:10

Bouts = 10

Cool down

(Approximately a 15:00 session)