6 Month Training Plan for Mackinac Island Swim 2025

Purpose	Week of:	Distance Goal	Time Goal	Weekly Goal	Description
Build Strength & Create an Endurance Base	26-Jan				Do your best at getting in the water a couple times a week. Yardage is not crucial, but plan for about 1-2 miles of swimming each practice. This is also an excellent time to work on injury prevention (i.e. stretching routine, strengthening exercises cross training, etc.) Strength/mobility exercises for small shoulder muscles would be great!
	2-Feb				
	9-Feb				
	16-Feb				
	23-Feb				
	2-Mar				
	9-Mar				
	16-Mar				
	23-Mar				
	30-Mar	**Distance Goal**	**Time Goal**	**Weekly Goal**	**Description**
Increasing distance and challenging endurance	6-Apr	1.5 miles	45 mins	7000 yards	Long Swim
	13-Apr	1 mile	Speed work, work on sets/intervals vs just swimming long distances		
	20-Apr	2 miles	1 hour +	8000 yards	Long Swim
	27-Apr	1.5 miles	Speed work, work on sets/intervals vs just swimming long distances		
	4-May	2 miles	1 hour +	8000 yards	Long Swim - be able to swim 2 miles continuous
Open Water & Distance Training	11-May	1.5 miles			
	18-May	2.5 - 3 miles	1.5 hours	10000 yards	Long Swim
	25-May	2 miles	Try to find some open water to train in or acclimate to.		
	1-Jun	3 miles			
	8-Jun	4 miles	2 hours +	12000 yards	Long Swim - be able to swim 3 miles continuous
	15-Jun	2 miles	This may be a great time to give yourself a recovery or rest week.		
	22-Jun	3 -4 miles	1.5 - 2 hours	10000 yards +	Long Swim
	29-Jun	5 miles	2.5 hours +	15000 yards	Long Swim - test limits, feeling good? Go further.
	6-Jul	3 -4 miles	This is a great time to challenge yourself in open water environments if you havent yet.		
Intensity Weeks	13-Jul	**Try to get your longest swim distance in one of these weeks (6 mi +)**			
	20-Jul				
Taper Weeks	27-Jul	2-4 miles	Swim to stay loose and active, but don't overdo it if you've already done your longest swim		
	3-Aug	1 - 2 miles	Travel week, do what you need to get your mind/body right!		
Event Day!	10-Aug	**Congratulations, you did it!**			