

# Training guide from former Moonshiner swimmer

The schedule below is a guide only. We have identified that there are usually two categories of participants:

- SHARKS: Those who are looking to do the swim in a certain time, have a solid swimming base and are confident that they will make it;
- NEMOS: Those who had little to no swimming base and are in it for a challenge and want to make it across.

Below are recommended distances and frequencies for both groups. There will be one 'long swim' a week; it is best to take the day prior to your long swim and two days after as rest days if you can. If you have to choose, the two days of rest after is more important. For example: train Monday, Tuesday, Wednesday, with Thursday off, and a long Swim on Friday. If possible, do the long swim on a long course (50m as opposed to 25m pool) or in a lake/ocean. It is recommended to take 7-9 days of rest prior to event weekend, making your last long swim the Friday or Saturday of the week prior to the week of the event. For example if the event is August 14, the last long swim is no later than August 6.

## RECOMMENDATIONS:

- Do AT LEAST 3-4 ocean swims.
- If you find your wetsuit causes chafing in the ocean, stick to the lake except for your long swims.
- Do as much lake and ocean swimming as you can.
- Preview the "Tips for Training & Fundraising" document that you have been provided.
- Ask former participants as many questions as possible. No question is "silly" and there is an answer for everything. We are here for YOU.

## **NEMOS**

Date	workout 1	workout 2	workout 3	workout 4
03-Apr	1000- 2000 pool	1000- 2000 pool	1000- 2000 pool	2500 pool
10-Apr	1000- 2000 pool	1000- 2000 pool	1000- 2000 pool	3000 pool
17-Apr	1000- 2000 pool	1000- 2000 pool	2000- 3000 pool	3500 pool
24-Apr	1000- 2000 pool	1000- 2000 pool	2000- 3000 pool	4000 pool
01-May	2000- 3000 pool	REST	REST	4500 pool
08-May	2000- 3000 pool	2000- 3000 pool	3000 Pool	5000 pool
15-May	2000- 3000 pool	2000- 3000 pool	3000 Pool	5500 pool
22-May	2000- 3000 pool	2000- 3000 pool	3000 Pool	6000 pool
29-May	3000 Pool	3000 pool	3000 Pool	6500 pool
05-Jun	3000 Pool	3000 pool	3000 Pool	7000 pool
12-Jun	REST	2000 pool	REST	REST
19-Jun	3000 Pool	3000 pool	3000 pool	7500 pool
26-Jun	2000 lake	2-3000 lake	2-3000 lake	7000 lake
03-Jul	2-3000 lake	2-3000 lake	2-3000 lake	7500 lake
10-Jul	3000 lake/ocean	4-5000 lake ocean	3000 lake/ocean	8000 lake/ocean
17-Jul	3000 lake/ocean	5-6000 lake/ocean	3-4000 lake ocean	8500 ocean
24-Jul	3000 lake/ocean	6-7000 lake/ocean	3-4000 lake ocean	9000 ocean
31-Jul	3000 lake/ocean	7-8000 lake/ocean	3-4000 lake ocean	9500 ocean
7-Aug	2000m lake		1000m lake	

## **SHARKS**

Date	workout 1	workout 2	workout 3	workout 4
03-Apr	2000- 3000 pool	2000- 3000 pool	3000 pool	
10-Apr	2000- 3000 pool	2000- 3000 pool	3500 pool	
17-Apr	2000- 3000 pool	2000- 3000 pool	4000 pool	
24-Apr	2000- 3000 pool	2000- 3000 pool	4500 pool	
01-May	2000- 3000 pool	2000- 3000 pool	5000 pool	
08-May	2000- 3000 pool	2000- 3000 pool	5500 pool	
15-May	2000- 3000 pool	2000- 3000 pool	6000 pool	
22-May	2000- 3000 pool	2000- 3000 pool	6500 pool	
29-May	3000 Pool	4000 pool	3000 pool	7000 pool
05-Jun	3000 Pool	4000 pool	3000 pool	7500 pool
12-Jun	REST	2000 pool	REST	REST
19-Jun	3000 Pool	4000 pool	3000-4000 pool	8000 pool or lake
26-Jun	3000 lake/ocean	4-5000 lake/ocean	3000 lake/ocean	8500 lake or ocean
03-Jul	3000 lake/ocean	4-5000 lake/ocean	3000 lake/ocean	9000 ocean
10-Jul	4000 lake/ocean	5-6000 lake ocean	3000 lake/ocean	9500 ocean
17-Jul	4000 lake/ocean	5-6000 lake/ocean	3-4000 lake ocean	10,000 ocean
24-Jul	4000 lake/ocean	6-7000 lake/ocean	3-4000 lake ocean	10500 ocean
31-Jul	4000 lake/ocean	7-8000 lake/ocean	3-4000 lake ocean	11000 ocean
7-Aug	2000m lake		1000m lake	