

**FORMIDABLE STRENGTH &
CONDITONING**

Prepare to Take the Plunge:

YOUR COMPLETE 12 - WEEK TRAINING GUIDE

For the Perkins Plunge Swim Event



**PERKINS
PLUNGE**

POWERED BY

**MINERAL
RESOURCES**



www.formidablestrength.com.au

Your complete 12-week training guide

This isn't your average swim, and this isn't your average training plan.

The Perkins Plunge is an overnight challenge unlike any other, calling on swimmers of all levels to step up for something bigger than themselves. Whether you're swimming solo or as part of a team, this 12-week guide has been built to help you arrive prepared, confident, and strong.

With a mix of technique refinement, strength support, pacing skills, and smart recovery, you'll not only build the endurance to go the distance, you'll develop the mindset to embrace the journey.

Inside you'll find:

- 🏊 Structured 3x/week swim sessions with individualised scaling
- 💪 A dryland warm-up routine and strength training guidance
- 📊 Training cycle and heart rate guides to pace your efforts
- 🧠 Tips to help you stay mentally sharp and physically ready
- 🌈 A friendly colour-coded system for reduced-volume options

This guide is your teammate in the lead-up; the real magic happens when you hit the water.
Let's take the plunge together.

Weekly Training Overview

Week	Focus	Key Objectives
Week 1	Building Foundations	Reintroduce regular swim/gym routine, build movement quality, recover well.
Week 2	Body Position & Rhythm	Focus on streamline, kick balance, and early catch.
Week 3	Endurance, Body Awareness & Recovery	Increase aerobic base, reinforce technique, active recovery.
Week 4	Endurance, Body Awareness & Recovery (Repeat)	Reinforce base fitness and rhythm under low fatigue.
Week 5	Pace Drop Sets	Practice negative splits and build speed through pacing.
Week 6	Pace Drop Sets (Repeat)	Reinforce pacing patterns and increase repeatability under fatigue.
Week 7	Tempo Under Pressure	Sustain a strong effort across longer distances.
Week 8	Tempo Under Pressure (Repeat)	Push aerobic threshold, reinforce pacing confidence.
Week 9	Peak Week: Sustained Load	Highest swim volume week, challenge consistency, and mental focus.
Week 10	Recovery & Reset	Reduce load, refine stroke mechanics, and focus on quality.
Week 11	Tactical Taper	Sharpen speed, reduce volume, and increase race readiness.
Week 12	Event Week	Maintain feel, reduce load, and mentally prepare. Book post-event physio!

A photograph of three men standing at the edge of a swimming pool. The man on the left is holding a large, grey inflatable shark. The man in the middle is holding a teal inflatable shark. The man on the right is holding a green inflatable shark. They are all smiling. In the background, there are banners for 'Laps for the labs', 'Swim for our lives', and 'PERKINS PLUNGE'. A person is visible in the pool in the background.

Weekly Schedule

Monday - Swim

Starting off with a swim to get the week rolling!

Tuesday - Strength

Strength training is key to ensuring you can get the most out of your body on race day. Don't miss it!

Wednesday - Swim

Time to hit the mid week hump with a good swim.

Thursday - Strength

Your second strength session of the week is just as important to making sure you're prepared come event day. 2 strength sessions a week is ideal

Friday - Swim

Finish the week off with a nice swim! Bring your team along to join in!

Sat/Sun - Recovery

Recovery is key, but if you want to roll the arms over, keep it light and don't go crazy. Maybe go for a walk to keep everything moving while taking the load off your swimming body.

Get Stronger For the Plunge

To complement your swim sessions, we recommend two gym sessions per week to build strength, resilience, and long-term water performance.





Access this 12-week Fundamental Program here: [Swimming Strong Fundamentals Program](#)

These sessions are brief, focused, and specifically designed for swimmers.

But not for the Plunge.

 **Want the full program?**

We've created an **event-specific online strength training plan** that matches your swim build-up.

-  Train anywhere with gym access
-  Built by swimmers, for swimmers
-  Includes app access, video demos, and progression
-  **Exclusive offer** for Perkins Plunge [participants](#)

 <https://go.gymini.co/widget/form/2aFiX9yTv39buldDtifp>

FORMIDABLE STRENGTH & CONDITIONING

Not Ready to Swim 2km yet?

No problem, we've included scaled versions of every session.

We use a simple colour-coded system:



Green

What this means:
You can swim ~500m
continuously

Suggested Swim Distances:
Reduced to ~25% volume

Blue

What this means:
You can swim ~1000m
continuously

Suggested Swim Distances:
Reduced to ~50% volume

Violet

What this means:
You can swim ~1500m
continuously

Suggested Swim Distances:
Reduced to ~75% volume

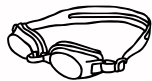
Each main set includes specific instructions for each level. Just match your distance to the colour and follow that version of the set.

FORMIDABLE STRENGTH &
CONDITIONING

What You Need

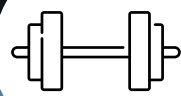
Pool Access 3x a week

Hard to do the swim sessions without access to a swimming pool!



Full Gym Access

If you are following one of our swimming specific plans you will need access to a gym



Watch or Timer For Intervals

You will need this for timing yourself and for maintaining the right pace during your swim sets.



Positive Attitude

It's challenging to commit to a 12-week program without a clear goal, and even more difficult to finish a 12-hour overnight swim.



Energy System Zone Heart Rate Guide

We'll reference zones like A2, A3, and AT in your program. Here's what they mean, and how to measure them using Beats Below Max (BBM) heart rate.

Zone	Description	Intensity	Target BBM
A1	Easy effort	Conversational	50+ BBM
A2	Moderate aerobic	Comfortable	40–50 BBM
A3	Strong aerobic	Sustainable	30–40 BBM
AT	Anaerobic Threshold	Hard effort	10–20 BBM
VO2	Sprint effort	Max effort	0–10 BBM

🧠 BBM = How many beats below your estimated max HR you are after an interval. Estimate Max HR as $220 - \text{your age}$.

Swim Training Cycles Guide

(Based on Your 2km Time Trial)

Use your 2km time trial to find the cycle time you should use during interval sets. Find your 2km time below and follow across to find the cycle you'll use for 50m, 100m, and 200m reps.

2km TT	50m Cycle	100m Cycle	200m Cycle
30:00+	1:20	2:40	5:20
29:00	1:15	2:30	5:00
28:00	1:10	2:20	4:40
27:00	1:05	2:10	4:20
26:00	1:00	2:00	4:00
25:00	0:58	1:56	3:52
24:00	0:56	1:52	3:44
23:00	0:54	1:48	3:36
22:00	0:52	1:44	3:28
21:00	0:50	1:40	3:20
20:00	0:48	1:36	3:12
19:00	0:46	1:32	3:04
18:00	0:44	1:28	2:56
17:00	0:42	1:24	2:48
16:00	0:40	1:20	2:40

 Pick the row closest to your current fitness. If unsure, use 26:00 as a starting point

Dryland Warm Ups

(Before Every Swim Session)



Your Pre-Swim Movement Prep

Do this before every swim session – at the pool deck, at home, or wherever you train.

It only takes 10 - 15 minutes and helps:

- ✓ Reduce injury risk
- ✓ Improve range of motion
- ✓ Switch on the muscles you need in the water

The Exercises

Videos For The Exercises

Land

WARM UP

1A

Walk Outs

6 REPS

1B

Sumo Twists

6 EACH SIDE

2A

Prone WTYI

15s each

2B

SL Hip Bridge Hold

30s each

2C

SUPERMANS

10 2S HOLD

2B

High Plank Toe Touch

10 EACH SIDE

2X

3A

Side to Side Hopping

20 REPS each

3B

SL Broad Jump

2 Each Side

2X

1A

Walk Outs

1B

Sumo Twists

2A

Prone WTYI

2B

Hip Bridge Hold - SL

2C

SUPERMANS

2B

High Plank Toe Touch

3A

Side to Side Hopping

3B

SL Broad Jump

Dryland Warm-Ups: A Path to Enhanced Mobility and Stability

Incorporating dryland warm-ups into your routine can significantly improve your mobility and stability when practiced regularly. To discover more about these benefits, check out this video: https://youtu.be/uc_k0lp_Qu0

Week 1

Baseline Testing

Session 1 – Time Trial Prep + Pacing Practice

Focus: Set your benchmark pace for training

Warm-Up: 200m easy swim 4 x 50m drill (choice) 2 x 100m at moderate effort

Main Set: 3 x 300m (20s rest between each)
• Aim for consistent pacing across all three

Cool Down: 200m easy swim

Total: 2000m

Reduced Options:

- Green: 3 x 75m = 225m
- Blue: 3 x 150m = 450m
- Purple: 3 x 225m = 675m

Note: Keep your effort consistent.
Use this to understand your baseline pacing.

Session 2 – Time Trial

Focus: Establish your baseline 2km time

Warm-Up: 300m easy swim 4 x 50m kick (20s rest) 2 x 100m build effort

Main Set: 1 x 2000m swim — steady effort (Timed)

Cool Down: 200m easy swim

Total: 2500m

Reduced Options:

- Green: 1 x 500m
- Blue: 1 x 1000m
- Purple: 1 x 1500m

Note: Swim at a steady pace.
The times you do here is the base for your swim cycles moving forward

Session 3 – Technique & Drills

Focus: Body position & stroke timing

Warm-Up: 200m easy swim 4 x 50m drill (choice) 2 x 100m moderate

Main Set: 3 rounds of:
• 2 x 50m single arm drill (choice)
• 2 x 50m catch-up drill
• 2 x 50m build swim (increase effort)
•

Cool Down: 200m easy swim

Total: 2000m

Reduced Options:

- Green: 1 round = 600m
- Blue: 2 rounds = 1000m
- Purple: 2.5 rounds = 1500m

Note: Keep the rest the same.
Focus on recognising how each zone feels and recovers.

Week 2

DRILL DEPTH & AEROBIC BASE

Session 1 – Drill Progression

Focus: Build body awareness & efficiency

Warm-Up: 200m easy swim 4 x 50m (drill of your choice) 2 x 100m build effort

Main Set: 3 rounds of:

- 2 x 50m single arm freestyle (choice of side)
- 2 x 50m fist drill
- 2 x 50m full stroke moderate

Cool Down: 200m choice

Total: 1700m

Reduced Options:

- ♥ Green: 1 round = 600m
- ♥ Blue: 2 rounds = 1000m
- ♥ Purple: 2.5 rounds = 1500m

Note: Use Drills to reinforce long strokes, clean timing and balance

Session 2 – Aerobic Pyramid

Focus: Steady aerobic build

Warm-Up: 300m easy swim 4 x 50m kick 2 x 100m at moderate effort

Main Set: 100m + 200m + 300m + 400m + 300m + 200m + 100m (15s rest between reps)

Cool Down: 200m easy swim

Total: 2500m

Reduced Options:

- ♥ Green: 25m + 50m + 75m + 100m + 75m + 50m + 25m = 400m
- ♥ Blue: 50m + 100m + 150m + 200m + 150m + 100m + 50m = 800m
- ♥ Purple: 75m + 150m + 225m + 300m + 225m + 150m + 75m = 1200m

Note: Maintain consistent pacing and smooth technique. No Sprinting.

Session 3 – Energy Zone Awareness

Focus: Understand BBM training zones

Warm-Up: 200m easy swim 4 x 50m kick/pull 3 x 100m descend stroke count

Main Set: 20x 50s as:

4 x 50m A1

4 x 50m A2

4 x 50m A3

4 x 50m AT

4 x 50m A2

(20s rest after each, check HR immediately after)

Cool Down: 300m easy swim

Total: 2000m

Reduced Options:

- ♥ Green: 5 x 50m = 250m → 1x A1, 1x A2, 1x A3, 1x AT, 1x A2
- ♥ Blue: 10 x 50m = 500m → 2x A1, 2x A2, 2x A3, 2x AT, 2x A2
- ♥ Purple: 15 x 50m = 750m → 3x A1, 3x A2, 3x A3, 3x AT, 3x A2

Note: Keep the rest the same. Focus on recognising how each zone feels and recovers.

Weeks 3 & 4

Endurance, BODY AWARENESS & RECOVER

Session 1 – Aerobic Endurance Step Up

Focus: Build consistent pacing under fatigue

Warm-Up: 300m easy swim 4 x 50m kick 2 x 100m drill/swim by 25m

Main Set: 4 rounds of:

- 2 x 50m @ A2
- 1 x 100m @ A3
- 1 x 200m @ A3+ (20s rest between efforts)

Cool Down: 200m choice

Total: 2500m

Reduced Options:

- ♥ Green: 2 rounds = 1x 50 + 1x 100 + 1x 200 per round = 800m
- ♥ Blue: 3 rounds = 1050m
- ♥ Purple: 3.5 rounds = 1225m

Note: Focus on holding stroke mechanics as fatigue builds. Stay long in the water.

Session 2 – Head Position & Alignment

Focus: Feel the water connection and balance

Warm-Up: 200m easy swim 2 x 100m drill/swim (fingertip drag) 4 x 50m on 60s — focus: alignment

Main Set: 3 rounds:

- 1 x 200m breathing every 3, 5, 7, 3 by 50m
- 2 x 100m focusing on a stable head position

Cool Down: 200m choice

Total: 2000m

Reduced Options:

- ♥ Green: 1 round = 1x 200m + 2x 100m = 400m
- ♥ Blue: 2 rounds = 800m
- ♥ Purple: 2.5 rounds = 1000m

Note:
Use this session to fine-tune technique. Smooth swimming beats fast swimming today

Session 3 – Recovery Skills & Reset

Focus: Active recovery + stroke reset

Warm-Up: 300m easy swim 4 x 50m as 25m drill / 25m swim 2 x 100m build effort

Main Set: 3 rounds of:

- 100m slow swim
- 100m drill
- 100m moderate
-

Cool Down: 200m easy backstroke or choice

Total: 1800m

Reduced Options:

- ♥ Green: 1 round = 3x 100m = 300m
- ♥ Blue: 2 rounds = 600m
- ♥ Purple: 2.5 rounds = 750m

Note: Keep things relaxed. Focus on feel, rhythm, and getting refreshed for next week.

Weeks 5 & 6

PACING & END OF SET COMPOSURE

Session 1 – BBM Zone Awareness

Focus: Learn pacing control using Beats Below Max (BBM)

Warm-Up: 200m easy swim 4 x 50m kick/pull (mix strokes) 3 x 100m descend stroke count

Main Set: 20 x 50m as:

- 4 x 50m A1
- 4 x 50m A2
- 4 x 50m A3
- 4 x 50m AT
- 4 x 50m A2 (20s rest after each, check HR immediately after)

Cool Down: 300m easy swim

Total: 2100m

Reduced Options:

- ♥ Green (500m swimmer): 5 x 50m = 250m → 1 x A1, 1 x A2, 1 x A3, 1 x AT, 1 x A2
- ♥ Blue (1km swimmer): 10 x 50m = 500m → 2 x each intensity
- ♥ Purple (1.5km swimmer): 15 x 50m = 750m → 3 x each intensity

Session 2 – Body Line & Breathing

Focus: Maintain alignment while fatigued

Warm-Up: 300m swim 4 x 50m drill/swim 2 x 100m build effort

Main Set: 3 rounds:

- 1 x 300m breathe every 5 strokes
- 2 x 100m drill (closed-fist + 6-3-6)

Cool Down: 200m backstroke

Total: 2400m

Reduced Options:

- ♥ Green: 1 round = 300m + 2x100m = 500m
- ♥ Blue: 2 rounds = 1000m
- ♥ Purple: 2.5 rounds = 1250m

Session 3 – Mixed Energy Race Prep

Focus: Blend endurance and power to simulate race-day fatigue

Warm-Up: 200m swim 4 x 50m kick on 1:00 2 x 100m build effort

Main Set: 2 rounds:

- 1 x 200m A2
- 2 x 100m A3
- 4 x 50m A3+/AT

Cool Down: 300m choice

Total: 2000m

Reduced Options:

- ♥ Green: 1 round = 1x 200m + 2x 100m + 4x 50m = 600m
- ♥ Blue: 1.5 rounds = 900m
- ♥ Purple: 2 rounds = 1200m

Tip: Count your strokes and monitor HR. Pacing is a skill that get better with practice

Note:

Focus on keeping hips high and head still. Use drills to re-centre your body line.

Note:

Control your effort early. You'll be tired by the 50s, hold good form!

Weeks 7 & 8

PACE DROP SETS

Session 1 – Negative Splits x 3

Focus: Swim each effort faster than the last

Warm-Up: 300m easy swim 4 x 50m kick (20s rest) 2 x 100m build effort

Main Set: 3 rounds:

- 1 x 400m @ A2
- 1 x 300m @ A3
- 1 x 200m @ A3+ (20s rest between efforts)

Cool Down: 200m choice

Total: 3000m

Reduced Options:

- ♥ Green: 3 rounds of 100m / 75m / 50m = 675m → 1 x 100m @ A2, 1 x 75m @ A3, 1 x 50m @ A3+ per round. Focus on increasing speed while reducing distance.
- Blue: 3 rounds of 200m / 150m / 100m = 1350m
- Violet: 3 rounds of 300m / 225m / 150m = 2025m

TIP: Negative splits train you to finish strong, which is vital for building strong endurance and avoiding fatigue

Session 2 – Mid Set Pace Shift

Focus: Surge mid-set without losing form

Warm-Up: 200m swim 4 x 50m drill/swim 2 x 100m build

Main Set: 3 rounds:

- 2 x 200m @ A2 (steady)
- 2 x 100m @ A3 (strong)

Cool Down: 300m mix

Total: 2300m

Reduced Options:

- ♥ Green: 1 round = 2 x 200m + 2 x 100m = 600m
- Blue: 2 rounds = 1200m
- Violet: 2.5 rounds = 1500m

Note:

Focus on hitting consistent effort. Don't overcook the early reps, leave room to surge.

Session 3 – Tempo Breakdown Pyramid

Focus: Build from distance down to fast, short reps.

Warm-Up: 300m easy 4 x 50m kick 2 x 100m build

Main Set:

- 1 x 400m A2
- 2 x 200m A3
- 4 x 100m A3+
- 6 x 50m AT

Cool Down: 200m swim

Total: 2400m

Reduced Options:

- ♥ Green: 1 x 100m @ A2 + 2 x 50m @ A3 + 4 x 25m @ AT = 300m
- Blue: 1 x 200m @ A2 + 2 x 100m @ A3 + 4 x 50m @ A3+ = 600m
- Violet: 1 x 300m @ A2 + 2 x 200m @ A3 + 3 x 100m @ A3+ = 1000m

Note: Use this as a pacing rehearsal. Increase effort as distances decrease while keeping form as you speed up toward the end.

Weeks 9 PEAK WEEK!

Race Prep & Pacing Confidence

Session 1 – Broken Race Prep

Focus: Simulate race effort with short rests

Warm-Up: 300m easy swim 4 x 50m kick (20s rest) 3 x 100m build effort

Main Set: 3 rounds:

- 3 x 200m @ A3+ (15s rest) (1 min rest between rounds)

Cool Down: 300m easy swim

Total: 2700m

Reduced Options:

- ♥ Green: 3 rounds of 3 x 50m @ A3+ = 450m
- Blue: 3 rounds of 3 x 100m @ A3+ = 900m
- Violet: 3 rounds of 3 x 150m @ A3+ = 1350m

Session 2 – Build & Hold Effort

Focus: Start strong and maintain pace

Warm-Up: 200m swim 4 x 50m build strokes 2 x 100m kick/drill

Main Set:

- 1 x 600m @ A2
- 2 x 300m @ A3
- 3 x 200m @ A3+

Cool Down: 200m float

Total: 2300m

Reduced Options:

- ♥ Green: 1 x 150m @ A2 + 2 x 75m @ A3 + 3 x 50m @ A3+ = 525m
- Blue: 1 x 300m @ A2 + 2 x 150m @ A3 + 3 x 100m @ A3+ = 1050m
- Violet: 1 x 450m @ A2 + 2 x 225m @ A3 + 3 x 150m @ A3+ = 1350m

Session 3 – Pace Testing Ladder

Focus: Establish race pace

Warm-Up: 300m choice 4 x 50m kick 3 x 100m build

Main Set: Ladder (minimal rest):

- 1 x 100m @ A2
- 1 x 200m @ A2
- 1 x 300m @ A3
- 1 x 400m @ A3+
- 1 x 300m @ A3
- 1 x 200m @ A2
- 1 x 100m @ A2
-

Cool Down: 200m swim

Total: 2300m

Reduced Options:

- ♥ Green: 1 x 25m @ A2 + 1 x 50m @ A2 + 1 x 75m @ A3 + 1 x 100m @ A3+ + 1 x 75m @ A3 + 1 x 50m @ A2 + 1 x 25m @ AT = 400m
- Blue: 1 x 50m @ A2 + 1 x 100m @ A2 + 1 x 150m @ A3 + 1 x 200m @ A3+ + 1 x 150m @ A3 + 1 x 100m @ A2 + 1 x 50m @ AT = 800m
- Violet: 1 x 75m @ A2 + 1 x 150m @ A2 + 1 x 225m @ A3 + 1 x 300m @ A3+ + 1 x 225m @ A3 + 1 x 150m @ A2 + 1 x 75m @ AT = 1200m

Note: Keep rest short and effort honest. This mimics race fatigue and teaches control.

Note:
Learn to settle into rhythm early, then dial up intensity without blowing up.

Note: Use this as your benchmark. Can you maintain your pace as the distance increases and fatigue sets in?

Weeks 10

FINISHING & CONFIDENCE UNDER FATIGUE

Session 1 – Fast Finish Repeats

Focus: Build pace awareness with a strong last effort

Warm-Up: 200m swim 4 x 50m kick/pull 4 x 100m descend stroke count

Main Set: 5 x 400m as:

- 300m @ A2 into 100m @ A3+ (20s rest between reps)
-

Cool Down: 200m easy

Total: 2400m

Reduced Options:

- ♥ Green: 5 x 100m as 75m @ A2 + 25m @ A3+ = **500m**
- Blue: 5 x 200m as 150m @ A2 + 50m @ A3+ = **1000m**
- Violet: 5 x 300m as 225m @ A2 + 75m @ A3+ = **1500m**

Note: Focus on the final surge, swim strongly and confidently to the wall.

Session 2 – Broken 2km Simulation

Warm-Up: 300m easy 4 x 50m drill/swim (choice) 2 x 100m build

Main Set:

- 3 x 600m @ A3 (30s rest)
- 1 x 200m @ A3+

Cool Down: 200m cruise

Total: 2500m

Reduced Options:

- ♥ Green: 3 x 150m + 1 x 50m = 500m
- Blue: 3 x 300m + 1 x 100m = 1000m
- Violet: 3 x 450m + 1 x 150m = 1500m

Note:

Keep pacing honest. Use this to test your ability to sustain speed across broken segments.

Session 3 – Distance Challenge Day

Focus: Long aerobic effort, mental & physical endurance

Warm-Up: 200m choice 4 x 50m kick/pull 2 x 100m @ A2

Main Set:

- 1 x 1500m straight @ A2-A3 (focus on rhythm & mental control)

Cool Down: 200m easy

Total: 1900m

Reduced Options:

- ♥ Green: 1 x 400m @ A2-A3 = **400m**
- Blue: 1 x 800m @ A2-A3 = **800m**
- Violet: 1 x 1200m @ A2-A3 = **1200m**

Note: Keep the stroke smooth and the pace sustainable. Settle in and go the distance.

Weeks 11

TAPER WEEK 1

Session 1 – Endurance Rehearsal for Overnight Swim

Focus: Build confidence with long, steady efforts under controlled fatigue

Warm-Up: 300m swim 4 x 50m as 25m drill / 25m swim 2 x 100m build effort

Main Set: 3 rounds:

- 1 x 400m @ A2
- 1 x 200m @ A3
- 2 x 100m @ A3+ (20s rest between each swim)

Cool Down: 200m easy

Total: 2000m

Reduced Options:

- ♥ Green: 3 rounds of 100m + 50m + 2 x 25m = 525m
- Blue: 3 rounds of 200m + 100m + 2 x 50m = 1050m
- Violet: 3 rounds of 300m + 150m + 2 x 75m = 1575m

Note: This is your chance to settle into your event pace and build confidence that you've the fitness to maintain it steadily through the night.

Session 2 – Technique Polish & Calm Under Pressure

Focus: Refine your feel for the water and stay composed

Warm-Up: 200m easy 2 x 100m as 25m scull / 25m swim 4 x 50m focusing on low stroke count

Main Set: 3 rounds of:

- 1 x 200m breathing every 3, 5, 7, 3 by 50m
- 2 x 100m as fingertip drag / head still
- 2 x 50m backstroke or choice

Cool Down: 200m relaxed swim

Total: 2000m

Reduced Options:

- ♥ Green: 1 round = 200m + 2x100m + 2x50m = 500m
- Blue: 2 rounds = 1000m
- Violet: 2.5 rounds = 1250m

Note:

A smooth stroke saves energy. This is a great time to dial in your technique before the final week.

Session 3 – Recovery & Rhythm

Focus: Loosen up, shake off fatigue, and stay fresh

Warm-Up: 300m easy 4 x 50m kick with board 2 x 100m easy with big exhale focus

Main Set: 2 rounds:

- 100m slow swim
- 100m drill
- 100m swim with closed fists
- 100m choice swim
-

Cool Down: 200m choice

Total: 1800m

Reduced Options:

- ♥ Green: 1 round = 4 x 100m = 400m
- Blue: 1.5 rounds = 600m
- Violet: 2 rounds = 800m

Keep the session relaxed, ensuring you're rested, confident, and ready to embrace the challenge at the start line.

Weeks 12 (Page 1)

EVENT WEEK: THE FINAL PLUNGE

Session Schedule

This week is about staying fresh, loose, and mentally ready for the big day. You've already done the hard work, now it's time to trust your training, move with intention, and focus on execution.

Monday – Short Technique Swim

Focus: Easy movement, rhythm, and confidence in the water.

Session (Total: 1000–1200m):

- 200m easy swim
- 4 x 50m drill/swim (e.g., zipper drill, 3/4 catch-up)
- 3 x 100m @ BBM pacing (focus on control, not speed)
- 4 x 50m descends (A1 → A3)
- 200m cruise

● Keep it light. This is about rhythm, not racing.

Tuesday – Mobility & Activation (Gym or Home)

Focus: Restore movement, activate key swim muscles

Session (15–20 minutes):

- Banded shoulder external rotations
- Cat-cow + thoracic openers
- Glute bridges + clamshells
- 1 x 3-minute couch stretch per side

● Keep things flowing, no heavy loading.

Wednesday – Race Pace Primer Swim

Focus: Tune the engine without fatigue

Session (Total: ~1000m):

- 200m easy swim
- 4 x 50m as: 25m build into 25m cruise
- 4 x 50m @ A3+ pace (FULL rest)
- 100m cruise
- 200m chill

● A3+ = race day rhythm. Dial into the feel.

Thursday – Mind-Body Tune-Up

Focus: Breath, posture, and calm mindset

Session (Home or Gym):

- 5 minutes box breathing (4:4:4:4)
- 2 rounds of:
 - 30s front plank
 - 30s bird-dog
 - 30s glute bridge hold
- 5-minute full-body stretch

● Optional: Walk in nature or short ocean dip.

Weeks 12 (Page 2)

EVENT WEEK: THE FINAL PLUNGE

Session Schedule

This week is about staying fresh, loose, and mentally ready for the big day. You've already done the hard work, now it's time to trust your training, move with intention, and focus on execution.

Friday – REST / Preparation

- Final gear check
- Hydrate and eat well
- Visualise your swim
-
- Talk to your team. Get on the same page. Keep vibes high.

Saturday – PERKINS PLUNGE EVENT DAY

- Arrive early and set up your base
- Stay warm and fuelled
- Support your team
-
- Trust your training. You've done the work

Sunday – Recovery Swim or Total Rest

Optional:

- 500m easy swim or float
- Gentle walk and stretch
-
- Reflect on the experience. Celebrate the effort.

👉 Book your post-event physio session with our team here:
[Post-Event Physio Consultation](#)

Scan Here to Book A
Post Event Physio
Consultation





FORMIDABLE STRENGTH & CONDITIONING

FINAL THOUGHTS

You've committed to 12 weeks of training to take on a night swim like no other, raising awareness and funds for the incredible work of the Harry Perkins Institute.

This swim isn't just about distance or time; it's about community, courage, and choosing to be part of something bigger than yourself.

Whether you're chasing a PB or simply showing up for the cause, your effort matters.

You've put in the work.

Now it's time to back yourself, soak in the atmosphere, and swim with heart.

💙 You've trained strongly. Now take the Plunge with purpose.

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