

WEEKS TO SWIM	LONG SWIM AVERAGE TRAINING DISTANCE TO SWIM ONCE A WEEK	90 MINUTE FITNESS SESSION	45-60 MINUTE TECHNICAL SESSION (emphasis on drills and skills)	SWIM = TOTAL SWIM DISTANCE & TIME	NOTES
13	2.5km				
12	3km				
11	3km				
10	3km				
9	3.5km				
8	4km				
7	4.5km				
6	5km				
5	6km				
4	6.5km				
3	8km				
2	7km				
1	5km				