



Conquer the channel, one length at a time

Your swim plan

22 miles. 12 weeks. Your pool. 22 Feb to 22 May.

swim **22**



Swim training plan

If you've not been near a pool for a while, this training plan will make sure you're ready for the start of Swim22 on 22 February.

Prep week 1

Monday 21 January	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Rest	Swim 250 metres 💡 Tip: If you're having a rich meal, remember to eat three to four hours before your swim.	Rest	Rest	Rest	Rest
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 👍 👎 👏	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Strong start. 250 metres this week.

Prep week 2

Monday 28 January	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	250 metres	Rest	250 metres 💡 Tip: If you've got diabetes and need hypo treatments, don't forget to keep them by the pool.	Rest	Rest	Rest
<input type="checkbox"/>	<input type="checkbox"/> 👍 👎 👏	<input type="checkbox"/>	<input type="checkbox"/> 👍 👎 👏	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not bad. It soon adds up.

Prep week 3

Monday 4 February	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Rest	375 metres	Rest	Rest	Rest	Rest
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 👍 👎 👏	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Easing into it nicely now.

You're ready for Swim22.

Prep week 4

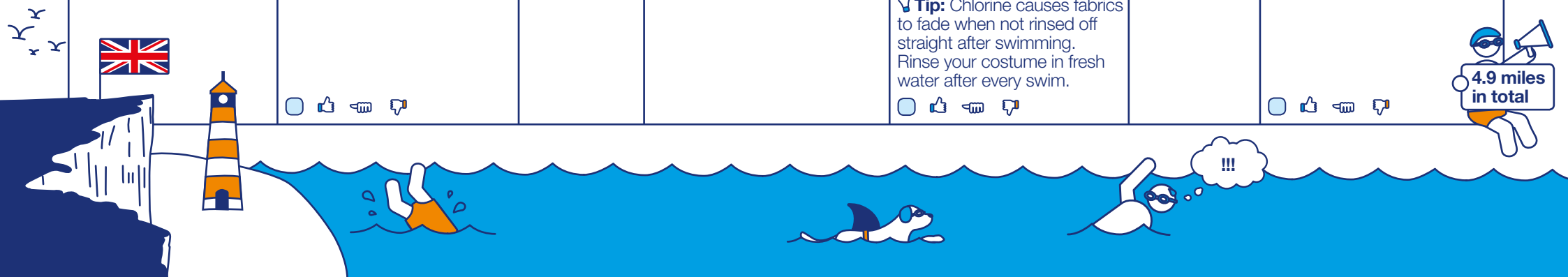
Monday 11 February	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	375 metres 💡 Tip: It's a good idea to wear flip flops or similar footwear around the pool to avoid injuries and reduce chance of things like verrucas.	Rest	375 metres	Rest	Rest	Rest
<input type="checkbox"/>	<input type="checkbox"/> 👍 👎 👏	<input type="checkbox"/>	<input type="checkbox"/> 👍 👎 👏	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Enjoy four more days of rest before diving into the challenge on 22 February.

Swim plan

Follow this swimming plan and we'll guide you to become a champion of the Channel.

Month 1						
Friday 22 February	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Swim 425 metres First day of challenge. 🎉 And we're off. 🏊 🗳️ 👍 👎 🗨️	Rest	Rest	450 metres 💡 Tip: Having a drink next to the pool is important when swimming as it's hard to know if you are dehydrated or not. 🗳️ 👍 👎 🗨️	Rest	Rest	500 metres 🗳️ 👍 👎 🗨️
0.9 miles in total 🗣️						
Friday 1 March	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Rest	600 metres 💡 Tip: Don't ignore niggles or pain. Take a couple of days off swimming before returning to the pool and build your swimming up gradually. 🗳️ 👍 👎 🗨️	Rest	Rest	650 metres 🗳️ 👍 👎 🗨️	Rest	700 metres 🗳️ 👍 👎 🗨️
2.1 miles in total 🗣️						
Friday 8 March	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Rest	750 metres 💡 Tip: Carbohydrate gels, cereal bars and bananas are great snacks when swimming for a long time. 🗳️ 👍 👎 🗨️	Rest	Rest	775 metres 🗳️ 👍 👎 🗨️	Rest	775 metres 🎉 National butterfly day 🗣️ How many lengths of butterfly stroke can you do? We're impressed if the answer is more than one. 🗳️ 👍 👎 🗨️
3.5 miles in total 🗣️						
Friday 15 March	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Rest	750 metres 🗳️ 👍 👎 🗨️	Rest	Rest	775 metres 💡 Tip: Chlorine causes fabrics to fade when not rinsed off straight after swimming. Rinse your costume in fresh water after every swim. 🗳️ 👍 👎 🗨️	Rest	775 metres 🗳️ 👍 👎 🗨️
4.9 miles in total 🗣️						



Month 2



Send us your pics with your Swim22 cap using #Swim22.

Friday 22 March	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Rest	925 metres Super swim Saturday Team effort this Saturday to see how far we can all swim together. Can you make it to 1000 metres? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest Time for a well-earned rest.	Rest	800 metres You're already a quarter of the way there. Nice. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest	850 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Friday 29 March	800 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest	Rest	850 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest	875 metres Tip: Swimming is great for you mentally and physically. Enjoy those endorphins. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Friday 5 April	850 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest	Rest	850 metres Tip: Share your tracker profile for a fundraising boost. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest	950 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Friday 12 April	875 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest	Rest	900 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest	875 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Friday 19 April	1000 metres Bring a pal to the pool It's relay time. Or just see who can do the most lengths. When you hit 1000 metres you're halfway there. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest Fins up. Someone else can sort the cooking today.	Rest	950 metres <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest	975 metres Tip: Swimming can take a toll on your skin because of the chemicals used in the pool. Shower right after you've swum, then wash with soap, dry well and moisturise. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



6.5 miles in total



8.1 miles in total



9.7 miles in total



11.3 miles in total



13 miles in total



This isn't exactly what I had in mind...

Month 3

Friday 26 April	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Rest	1105 metres 	Rest	Rest	1125 metres 	Rest	1175 metres
Friday 3 May	1050 metres Tip: Swimming the same stroke every length is the quickest route to boredom. Try a different stroke today. 	Rest	Rest	1125 metres Three quarters of the way there. The miles are sliding by. Share your tracker profile with your friends and family to show how great you're doing. 	Rest	1050 metres
Friday 10 May	1500 metres Super swim Saturday You've swum for weeks, you'll soon be a Champion of the Channel, you are ready for your longest swim. Send us a pic of today's triumph using #Swim22 or email swim22@diabetes.org.uk 	Rest	Rest	1175 metres 	Rest	1200 metres
Friday 17 May	1175 metres Just three miles to go. 	Rest	1125 metres The finish line is so close you can almost taste it. Or is that the chlorine? We can't tell anymore. 	Rest	1350 metres The final push. You did it! You're a Champion of the Channel. 	



Remember to keep well fuelled during your swims.

Total 22 miles

