

Deck to 1K Swimming Plan

13-Week Progressive Training Program

How to Use This Plan:

- Complete 2 swim sessions per week with at least one rest day between sessions
- All times are in minutes unless otherwise specified
- "Swim" means continuous swimming at a comfortable pace
- "Rest" means active rest (treading water or holding pool edge)
- Progress gradually - repeat a week if needed before moving forward

Week	Swim 1	Swim 2
Week 1	Repeat 8 times: <ul style="list-style-type: none">• 1 Minute Swim• 1 Minute Rest	Repeat Swim 1
Week 2	7 repetitions: <ul style="list-style-type: none">• Swim 90 seconds• Rest 90 seconds	Repeat Swim 1
Week 3	6 repetitions: <ul style="list-style-type: none">• Swim 2 mins• Rest 90 seconds	Repeat Swim 1
Week 4	5 repetitions: <ul style="list-style-type: none">• Swim 3 mins• Rest 90 seconds	Repeat Swim 1
Week 5	3 repetitions: <ul style="list-style-type: none">• Swim 5 mins• Rest 2 mins	Repeat Swim 1
Week 6	<ul style="list-style-type: none">• Swim 8 mins• Rest 2 mins• Swim 5 mins• Rest 2 mins• Swim 3 mins• Rest 2 mins• Swim 3 mins	Repeat Swim 1
Week 7	<ul style="list-style-type: none">• Swim 5 mins• Rest 2 mins• Swim 10 mins• Rest 2 mins• Swim 5 mins	<ul style="list-style-type: none">• Swim 5 mins• Rest 2 mins• Swim 10 mins• Rest 2 mins• Swim 5 mins
Week 8	2 repetitions: <ul style="list-style-type: none">• Swim 10 mins• Rest 2 mins	2 repetitions: <ul style="list-style-type: none">• Swim 10 mins• Rest 2 mins
Week 9	<ul style="list-style-type: none">• Swim 5 mins• Rest 2 mins• Swim 12 mins• Rest 2 mins• Swim 5 mins	Swim 15 mins (continuous)
Week 10	<ul style="list-style-type: none">• Swim 12 mins• Rest 2 mins• Swim 8 mins	Swim 20 mins (continuous)

Week	Swim 1	Swim 2
	<ul style="list-style-type: none"> • Rest 90 seconds • Swim 5 mins • Rest 1 min 	
Week 11	<ul style="list-style-type: none"> • Swim 15 mins • Rest 3 mins • Swim 10 mins • Rest 2 mins • Swim 5 mins 	Swim 25 mins (continuous)
Week 12	<ul style="list-style-type: none"> • Swim 20 mins • Rest 3 mins • Swim 10 mins 	Swim 28 mins (continuous)
Week 13	🎉 Swim 30 mins 🎉 (continuous)	🎉 Swim 30 mins 🎉 (continuous)

⚠️ **Important Note:** It is essential to have at least one rest day between swim sessions to allow for proper recovery and prevent injury. Listen to your body and don't hesitate to repeat a week if you need more time before progressing.

Congratulations on starting your swimming journey!

By the end of this 13-week program, you'll be swimming continuously for 30 minutes, which is roughly enough time for the average swimmer to complete 1 kilometer. If you haven't reached 1K in 30 minutes yet, don't worry! You can restart the program to build more endurance, or continue swimming regularly while focusing on gradually increasing your speed.