

# Start to Swim 1000m

Doelstelling: zwem 1000m zonder stoppen

**zw = zwemmen**  
**r = rust**

## Week 1

### Training 1

25m zw – 10"r – 25m zw – 10"r – 25m zw -10"r – 25m zw – 10" – 50m zw – 20"r - 25m zw – 10"r – 25m zw – 10"r – 25m zw -10"r – 25m zw

4 x (25 m zwemmen – 10"rust) daarna (50m zwemmen - 20" rust) daarna 4 x (25 m zwemmen – 10"rust)

### Training 2

25m zw – 10"r – 50m zw – 20"r – 50m zw – 20"r – 50m zw – 20"r -25m zw

(25m zwemmen – 10" rust) daarna 3 x(50m zwemmen - 20" rust) daarna (25m zwemmen – 10" rust)

### Training 3

25m zw – 10"r – 25m zw – 10"r – 25m zw -10"r – 25m zw – 10" –25m zw – 10"r – 25m zw – 10"r – 25m zw -10"r – 25m zw – 10" – 50 m zw

8 x (25m zwemmen – 10" rust ) daarna (50 m zwemmen . 20" rust)

## Week 2

### Training 1

50 m zw – 20" r – 75m zw – 25" r - 75m zw – 25" r – 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw

(50m zwemmen – 20" rust) daarna 2 x (75m zwemmen – 25" rust) daarna 4x (25m zwemmen – 10" rust )

### Training 2

100m zw – 30" r – 50m zw – 20 "r - 50m zw – 20 "r - 25m zw – 10" r - 25m zw – 10" r -25m zw – 10" r -25m zw

(100m zwemmen – 30" rust) daarna 2 x (50m zwemmen – 20" rust) daarna 4 x (25m zwemmen – 10" rust)

### Training 3

50m zw – 20"r - 50m zw – 20"r - 50m zw – 20"r - 50m zw – 20"r - 50m zw – 20"r - 50m zw

6 x (50m zwemmen – 20" rust)

## Week 3

### Training 1

50m zw – 20"r -50m zw – 20"r -50m zw – 20"r -50m zw – 20"r -50m zw – 20"r -50m zw – 20"r -50m zw – 20"r -50m zw

8 x (50m zwemmen – 20" rust)

### Training 2

200m zw – 45"r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw

200m zwemmen – 45" rust daarna 8x ( 25m zwemmen – 10 " rust)

### Training 3

25m zw – 10" r- 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 50m zw – 20"r - 50m zw – 20"r - 50m zw – 20"r - 50m zw – 20"r - - 25m zw – 10" r- 25m zw – 10" r - 25m zw – 10" r - 25m zw

4 x (25m zwemmen – 10 " rust) daarna 4 x (50m zwemmen - 20" rust) daarna 4 x ( 25m zwemmen – 10 " rust)

## Week 4 recuperatieweek

### Training 1

100m zw – 30" r - 25m zw – 10" r- 25m zw – 10" r - 25m zw – 10" r - 25m zw – 100m zw

(100m zwemmen – 30" rust) daarna 4 x (25m zwemmen – 10" rust) daarna (100m zwemmen – 30" rust)

### Training 2

50m zw – 20"r - 50m zw – 20"r - 50m zw – 20"r - 50m zw – 20"r - 50m zw – 20"r - 50m zw

6 x (50m zwemmen – 20" rust)

### Training 3

25m zw – 10" r- 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r- 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw

12 x (25m zwemmen – 10" rust)

**Week 5**

**Training 1**

200m zw – 45" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 50m zw – 20" r - 50m zw

(200m zwemmen – 45" rust) daarna 4 x (25m zwemmen – 10" rust) daarna 2 x (50m zwemmen – 20" rust)

**Training 2**

50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - zw – 20" r - 50m zw

8 x (50m zwemmen – 20" rust)

**Training 3**

25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw

16 x (25m zwemmen – 10" rust)

**Week 6**

**Training 1**

25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 25m zw – 10" r - 25m zw – 100m zw – 30" r – 100m zw – 30" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw

6 x (25 m zwemmen – 10" rust) daarna 2 x (100m zwemmen – 30" rust) daarna 4 x (50m zwemmen – 20" rust)

**Training 2**

350m zw – 1'15" r - 100m zw – 30" r – 100m zw

(350m zwemmen – 1'15" rust) daarna (100m zwemmen – 30" rust) daarna (100m zwemmen – 30" rust)

**Training 3**

50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - zw – 20" r - 50m zw - 50m zw – 20" r - 50m zw – 20" r - 50m zw

11 x (50m zwemmen – 20" rust)

**Week 7**

**Training 1**

50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - zw – 20" r - 50m zw - 50m zw – 20" r - 50m zw – 20" r - 50m zw - 20" r - 50m zw – 20" r - 50m zw - 20" r -

14 x (50m zwemmen – 20" rust)

**Training 2**

500m zw – 2' r - 50m zw – 20" r - 50m zw

(500m zwemmen – 2' rust) daarna 2x (50m zwemmen – 20" rust)

**Training 3**

300m zw – 1' r – 300m zw – 1' r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw

2 x (300m zwemmen – 1' rust) daarna 4 x (25m zwemmen – 10")

**Week 8 recuperatieweek**

**Training 1**

200m zw – 45" r - 200m zw – 45" r - 200m zw – 45" r

3 x (200m zwemmen – 45" rust)

**Training 2**

50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - zw – 20" r - 50m zw - 50m zw – 20" r - 50m zw – 20" r - 50m zw - 20" r - 50m zw – 20" r - 50m zw - 20" r - 50m zw – 20" r - 50m zw

13 x (50m zwemmen – 20" rust)

**Training 3**

500m zw – 2' r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw – 25m zw – 10" r - 25m zw – 25m zw – 10" r - 25m zw

(500m zwemmen – 2' rust) daarna 8 x (25m zwemmen – 10" rust)

**Week 9**

**Training 1**

200m zw – 45" r – 100m zw – 30" r - 100m zw – 30" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 50m zw – 20" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw - 10" r - 25m zw – 10" r - 25m zw – 10" r - 25m zw - 10" r - 25m zw – 10" r - 25m zw - 10" r - 25m zw – 10" r - 25m zw - 10" r - 25m zw



