



# ENGINE

## #8WEEKENGINE

**THE '8 WEEK ENGINE' HAS BEEN CREATED & DESIGNED BY TRIPLE OLYMPIC MEDALLIST ANDREW LAUTERSTEIN AND OLYMPIAN KENRICK MONK.**

**THE TRAINING PROGRAM IS A GUIDE FOR STRONG ADULT BEGINNER AND INTERMEDIATE LEVEL SWIMMERS WHO ARE LOOKING FOR TRAINING STRUCTURE AS THEY BUILD FITNESS WITH A TARGETTED EVENT IN SIGHT.**

**THE 2 WEEKLY SESSIONS ARE PLANNED TO MAXIMISE YOUR TIME & EFFORT AT THE POOL WITH CLEAR OBJECTIVES - WHILE KEEPING TRAINING PROGRESSIVE, MEASURABLE AND FUN.**

## **OUTLINE**

Sessions are between 1400-2000m and can be completed in approx. 60 mins.

Each week has 2 sessions programmed with the weekend a time to enjoy a swim in the ocean / lake

Aerobic - Lower Intensity sessions. A great chance to focus on technique and rhythm

Intensity Sessions - Learning to Swim at a higher intensity that you can sustain for a prolonged period without lactate substantially building up in your muscles

All four strokes are programmed in small doses. The majority of the program is freestyle. This is to increase endurance in the stroke you will complete your race

Drills and sculling are programmed to improve technique and feel of the water.

## **FREQUENCY**

Any two days that you can make it to the pool with an open water swim on the weekends 😊

## **TRAINING EQUIPMENT**

Training equipment helps create variety in sessions and specificity of skill or movement.

[www.engineswim.com/swimming-training](http://www.engineswim.com/swimming-training)

**Paddles** – Building strength and feel of water

**Kickboard** – Perfect for Isolating leg strength, development & body positioning

**Pull Buoy** – Isolating upper body strength & recovery purposes

**Front Snorkel** – Isolating Body rotation and stroke development

**Pace clock / Stopwatch** - Being able to use the pace clock for time cycles is important. It breaks up workouts and keeps you on track and thinking. If you don't know how to do so, learn.

<https://www.youtube.com/watch?v=VVqiBwylhpM>

**Fins** – Great for warm up & cool downs, and developing technique. Very handy for Butterfly and explosive efforts

## **TRACKING PROGRESSION**

**% Efforts** - are to be used as a guide only. They're programmed to assist in prioritising effort for a particular training effect.

**Keeping Track** - What gets measured gets done! For best results, record your times & time cycles. This will significantly increase your improvement & enjoyment as you progress through the sessions.

**Repeating Workouts** - is a great way to track progression. Progression can be measured by improving; Faster time cycles, Faster Times on effort, Improved technique, Improved efficiency (Eg same time, less strokes. Same time w less effort) Once you have completed the 10 weeks - it would be worth going back to test and seeing how much you have improved.

## **ENJOYMENT**

Enjoy your swimming and maximize your experiences in the pool with these workouts.

Stay positive and happy while you challenge yourself through the sessions.

We look forward to your feedback in coming months as you work towards your events

Be sure to tag us in any pics :)

@engine\_swim  
@alauterstein  
@kenrickmonk  
#engineswim  
#8weekengine

# WEEK 1

## **AEROBIC SESSION: 1400M**

---

### **WARM UP:**

200 as 75 Free, 25 back  
4\*50 as 25m Scull, 25m Build

### **FINISHER:**

2\*100 Kick w Fins 20 rest  
2\*100 IM w Fins 10 rest

### **MAIN SET:**

10\*50 Free w 20 sec Rest  
Comfortable effort

100 easy and out

## **INTENSITY SESSION:1400M**

---

### **WARM UP:**

200 Choice  
150 breathing every 3 strokes  
100 w 1st and last 25m fast  
50 w 15m UW + 6 fast stroke

### **MAIN SET**

3 Rounds  
100 at 80% effort. rest 30 secs  
2\*50 at 90% effort. rest 30 secs  
Rest 2 mins between rounds

### **FINISHER:**

3\*100 Paddle, Pull, Snorkel. 30 rest

# WEEK 2

## AEROBIC SESSION: 1500M

---

### WARM UP:

300 as 100 Free, 50 backstroke

4\*50 as 25m scull, 25m 1-2  
breaths

### MAIN SET:

6\*100 Free w 30 sec rest

Nice consistent pace

throughout

### FINISHER:

2 Rounds w Fins:

2\*50 Kick w 10 rest

2\*50 as 25m Fly, 25m Free w

20 rest

## INTENSITY SESSION:1400M

---

### WARM UP:

2\*75 as 50 Free, 25m Form

3\*50 as 25 scull, 25 Build

### MAIN SET:

4\*150 as

100 at 90%

50 Easy w 60 sec rest

### FINISHER:

2 Rounds

Paddle Pull Buoy Snorkel

4\*50 Build w 20 rest

100 at 70% effort w 30 rest

100 easy and out

# WEEK 3

## AEROBIC SESSION: 1700M

---

### WARM UP:

300 as 100 Free, 50 back  
4\*50 as 25m Fast, 25m Polo

### MAIN SET:

4\*200 w 40 sec rest  
Nice consistent pace throughout

### FINISHER:

2 Rounds:  
2\*50 Kick Solid pace w 10 rest  
100 swim w strong kick

## INTENSITY SESSION: 1900M

---

### WARM UP:

300 as 50 free, 25 Kick on back,  
25 Form  
2\*100 Breathing every 5 strokes

### MAIN SET:

2 Rounds  
4\*50 at 75% w 30 rest  
1\*200 at 75% rest 2 mins

### FINISHER:

3\*100 Desc 1-3 w 30 sec rest  
Paddle, Pull, Snorkel.

100 easy and out

# WEEK 4

## AEROBIC SESSION: 1800M

---

### WARM UP:

300 as 100 Free, 50 Form,  
2\*50 as 25 Scull, 25 Swim  
2\*50 as Build to 90%

### MAIN SET:

1\*300 40 rest  
2\*200 30 sec rest  
3\*100 20 sec rest

### FINISHER:

2\*100 Kick Fast

100 easy

## INTENSITY SESSION: 1800M

---

### WARM UP:

200 Free breathing every 3  
2\*100 Free w 30 rest  
breathing ever 5 strokes  
2\* 50 as w 25m Fast

### MAIN SET

2 Rounds:  
3\*100 at 75% effort 3 w 30 rest  
1\*100 easy w 30 rest

### FINISHER:

Pull w Paddles  
2\*200 Free w 30 rest

100 easy and out



# WEEK 5

## **AEROBIC SESSION: 1400M**

---

### **WARM UP:**

300 - 100 Free, 50 Back  
2\*100 IM w 30 rest

### **MAIN SET:**

600m at 80% effort  
Consistent speed throughout

### **FINISHER:**

3\*100 Kick Fast w 30 rest

## **INTENSITY SESSION:1600M**

---

### **WARM UP:**

200 Choice  
3\*100 as Desc 1-3

### **MAIN SET**

2 Rounds  
2\*150 at 70% w 30 rest  
1\*50 Easy w 60 rest

### **FINISHER:**

Pull w Paddles  
6\*50 w 25m Fast w 20 rest

100 easy and out

# WEEK 6

## AEROBIC SESSION:1600M

---

### WARM UP:

200 Free

2\*50 as 35 Fly, 15 free

2\*50 as 25 Scull, 25 Build

### MAIN SET::

800 at 80% effort

Consistent speed throughout

### FINISHER: w 15 rest between

4\*50 Kick w 35m Fast

2\*100 Kick w 75m Fast

## INTENSITY SESSION:1600M

---

### WARM UP:

300 Free

200 Pull

4\*25 Build

### MAIN SET

2\*50 at 70% effort w 10 rest

2\*100 at 70% effort w 20 rest

2\*50 at 80% effort w 20 rest

2\*100 at 80% effort w 30 rest

2\*50 at 90% effort w 30 rest

2\*100 at 90% effort w 40 rest

100 easy and out

# WEEK 7

## AEROBIC SESSION: 1700M

---

### WARM UP:

200 Free breathing every 3  
100 Kick  
2\*100 as 50 smooth 50 strong  
100 Kick

### MAIN SET:

1000m at 80% effort  
Consistent speed throughout  
  
100 easy and out

## INTENSITY SESSION: 1900M

---

### WARM UP:

4\*100 as 50 Free 50 back  
4\*50 as  
Odd - 25 Easy, 25 Fast  
Even - 25 Fly, 25 Build Free

### MAIN SET

3\*100 at 70% effort w 20 rest  
Rest 60 secs  
3\*100 at 80% effort w 30 rest  
Rest 60 Seccs  
3\*100 at 90% effort w 40 rest

### FINISHER:

Pull Buoy and Paddles  
300 Breathing every 3 or 5 strokes

100 easy and out

# WEEK 8

## AEROBIC SESSION: 1800M

---

### WARM UP:

3\*100 desc 1-3 w 20 rest

4\*50 desc 1-4 w 20 rest

### MAIN SET:

400 smooth and long w 30 rest

300 at 70% effort w 30 rest

200 at 80% effort w 30 rest

100 at 90% effort

### FINISHER

200 Kick Fast w 30 rest

100 easy and out

## INTENSITY SESSION: 2000M

---

### WARM UP:

200 desc 1-3 w 30 rest

3\*100 Pull desc 1-3 w 30 rest

2\*50 Build w 20 rest

### MAIN SET

1\*400 smooth and long w 40 rest

2\*200 at 70% effort w 30 rest

3\*100 at 70% effort w 20 rest

Rest 2 mins before

2\*100 at 80% effort w 20 rest

100 easy and out