



SWIM · BEGINNER

Beginner Continuous 1500m



10-Week Swim 1500m Training Plan

Build from short sets to a continuous 1500m freestyle swim.

EVENT

**Continuous
1500m**

LEVEL

Beginner

LENGTH

10 weeks

DAYS / WEEK

3



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 10 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Tue	Drill Swim 2 × 3 min with recoveries · 5 min warm-up · 5 min cool-down	16 min
Thu	Easy Swim 6 min continuous · 5 min warm-up · 5 min cool-down	16 min
Sat	Long Swim 15 min continuous · 5 min warm-up · 5 min cool-down	25 min

Week 2

BASE

Tue	Drill Swim 2 × 3 min with recoveries · 5 min warm-up · 5 min cool-down	16 min
Thu	Easy Swim 6 min continuous · 5 min warm-up · 5 min cool-down	16 min
Sat	Long Swim 21 min continuous · 5 min warm-up · 5 min cool-down	31 min

Week 3**BASE****Tue Drill Swim 16 min**

2 x 3 min with recoveries · 5 min warm-up · 5 min cool-down

Thu Easy Swim 16 min

6 min continuous · 5 min warm-up · 5 min cool-down

Sat Long Swim 36 min

26 min continuous · 5 min warm-up · 5 min cool-down

Week 4**BUILD****Tue Drill Swim 16 min**

2 x 3 min with recoveries · 5 min warm-up · 5 min cool-down

Thu Easy Swim 16 min

6 min continuous · 5 min warm-up · 5 min cool-down

Sat Long Swim 36 min

26 min continuous · 5 min warm-up · 5 min cool-down

Week 5**BUILD****Tue Drill Swim 16 min**

2 x 3 min with recoveries · 5 min warm-up · 5 min cool-down

Thu Easy Swim 16 min

6 min continuous · 5 min warm-up · 5 min cool-down

Sat Long Swim 39 min

29 min continuous · 5 min warm-up · 5 min cool-down

Week 6**BUILD****Tue Drill Swim 15 min**

2 x 2 min–3 min with recoveries · 5 min warm-up · 5 min cool-down

Thu Easy Swim 15 min

5 min continuous · 5 min warm-up · 5 min cool-down

Sat Long Swim 31 min

21 min continuous · 5 min warm-up · 5 min cool-down

Week 7**BUILD****Tue Drill Swim 16 min**

2 x 3 min with recoveries · 5 min warm-up · 5 min cool-down

Thu Easy Swim 16 min

6 min continuous · 5 min warm-up · 5 min cool-down

Sat Long Swim 41 min

31 min continuous · 5 min warm-up · 5 min cool-down

Week 8**BUILD****Tue Drill Swim 16 min**

2 x 3 min with recoveries · 5 min warm-up · 5 min cool-down

Thu Easy Swim 16 min

6 min continuous · 5 min warm-up · 5 min cool-down

Sat Long Swim 46 min

36 min continuous · 5 min warm-up · 5 min cool-down

Week 9

PEAK

Tue	Easy Swim	15 min
5 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Swim	15 min
5 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		

Week 10

RACE WEEK

Tue	Recovery Swim	15 min
5 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Recovery Swim	15 min
5 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Race Day: Swim RACE	35 min
35 min continuous		