

Intermediate Swim endurance



10-Week Swim Endurance Plan

Extend your aerobic swim endurance with threshold and distance sets.

EVENT

Swim endurance

LEVEL

Intermediate

LENGTH

10 weeks

DAYS / WEEK

4

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

Mon	Easy Swim	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Drill Swim	29 min
2 × 8 min–11 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Easy Swim	33 min
23 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Drill Swim	33 min
2 × 10 min–13 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	33 min
23 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	63 min
53 min continuous · 5 min warm-up · 5 min cool-down		

Week 3**BASE**

Mon	Easy Swim	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Drill Swim	35 min
2 × 10 min–15 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	79 min
69 min continuous · 5 min warm-up · 5 min cool-down		

Week 4**BUILD**

Mon	Threshold Intervals	30 min
4 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	Drill Swim	28 min
2 × 8 min–10 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	63 min
53 min continuous · 5 min warm-up · 5 min cool-down		

Week 5**BUILD**

Mon	Threshold Intervals	40 min
6 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	Drill Swim	35 min
2 × 10 min–15 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	84 min
74 min continuous · 5 min warm-up · 5 min cool-down		

Week 6**BUILD**

Mon	Threshold Intervals	40 min
6 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	Drill Swim	35 min
2 × 10 min–15 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	89 min
79 min continuous · 5 min warm-up · 5 min cool-down		

Week 7**BUILD**

Mon	Threshold Intervals	35 min
5 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	Drill Swim	34 min
2 × 10 min–14 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	86 min
76 min continuous · 5 min warm-up · 5 min cool-down		

Week 8**BUILD**

Mon	Threshold Intervals	30 min
4 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	Drill Swim	28 min
2 × 8 min–10 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	79 min
69 min continuous · 5 min warm-up · 5 min cool-down		

Week 9

PEAK

Mon	Tempo Swim	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Swim	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Swim	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Swim	89 min
79 min continuous · 5 min warm-up · 5 min cool-down		

Week 10

RACE WEEK

Mon	Recovery Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Recovery Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Recovery Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Race Day: Swim RACE	90 min
90 min continuous		