



South West Swim Session Name: Swim At Home 8

Voluntary Session Fee

This session is free of charge, as is all our lockdown content. Our main aim is to keep swimmers moving, engaged, fit and provide interest to their lockdown training.

However these sessions do take a lot of time to put on and some of our own squad swimmers wanted a way to contribute. So we set up an optional session fee donation process. If you enjoyed the session and wanted to contribute to our work then please feel free to do so using the links below

If you did want to contribute to our work and help keep us moving forward then you can do so in two ways:

1. Via your Booking System Account: Log into your account and select to make a session fee donation [here](#)
2. Via PayPal: Donate a session fee via PayPal at
<https://www.paypal.me/southwestswim>

You will find 3 contribution levels of £4, £6 or £10 in our booking system (or 4 if you did not want to contribute). We have suggested these same donations via PayPal, or a donation of your choosing.

Either way we hope you enjoy the session and thanks for your support by joining.

Want to know more about South West Swim? [Click here](#)

Session Introduction

We highly recommend you view the Introduction & Education Video for the session plan via our YouTube channel at https://youtu.be/ean_aD0ViMM . This video introduces you through the session and guides you through the drills we are doing, and (importantly) WHY we are doing them.

Focus: A Swim At Home focused training session for those with their own Endless Pool, Spa / Jet Pool or Tethered Pool. We will aim to release a different workout every week on Tuesdays. This week's session is more technique focused but will provide a great technical workout.

Our sessions are modular, so they can be used as a template for your swim and you can adjust for time, fitness level , training day goals etc.

We try to make our session videos educational, as if we are giving a mini swimming workshop. They are usually around 20 minutes long but we highly recommend they are viewed before heading to the pool as we can tell you about the session aims, how to do a drill and WHY you are doing that drill. It is usually much easier to tell you in the video than trying to tell you in print.

Please note that if you are using a Tethered Pool system the swim is much harder, so as always feel free to adjust the swim times to meet your fitness level. With a tethered pool REALLY focus on your catch and pull technique, don't let yourself slip through the water in an attempt to make the session easier. Still maintain good form and technique in the catch and pull.

You don't need to use swim kit for this session so don't worry if you don't have these items, but if you have we recommend:

Pull Buoy

Centre Snorkel (optional)

Paddles (optional)

Finis Tempo Trainer Pro (or Garmin, stop watch, timer, swim partner or stroke count)

Key

FC = Front Crawl

Warm Up

We will be going off of time, or you can use your strokes per minute count if you know it. If you don't know it this warm up will give you an idea of that figure.

Rest period in between sets is 30 seconds, if you need more rest please limit this to 60 secs max.

- 1) Perform a 2 minute easy continuous swim to warm up and get a feel for the water.
- 2) Perform a 2 minute moderate paced continuous swim, count your strokes.
- 3) 2 x 1 minute swim FAST (Count Strokes).
- 4) 2 x 30 second swims SUPER FAST.
- 5) 2 minute easy swim going off your count stroke

REST 1 MINUTE BEFORE STARTING THE MAIN SET, PREP YOUR KIT AND HYDRATE

Notes:

Main

View the Introduction & Education video for this session plan on YouTube. We highly recommend this is viewed to gain an understanding of what the aims of the session are and how to do some of the drills (and why you are doing them).

Today's "Swim at Home" session will focus on some rotation drills

Pull buoy and snorkel are optional through the session, where the drill and exercise permits (i.e. don't use a pull buoy in kick based skills)

Part 1 - Rotation Technique and feel

TIP: if using a centre snorkel please see this tip / drill for adding rotation into your stroke with this device. It can be seen at <https://youtu.be/bOVagwBpoIQ>

We are going to be looking at a variation of a drill called 6-3-6 and the actual 6-3-6 drill itself. This is simply 6 kicks on your side and 3 focused strokes. The variation will be a glide on our side instead of the kick.

We will also be doing some streamline kick to start off with to get you into that Stretched position.

The coach will demonstrate these movements for you before we start.

Roughly 60 seconds rest between each exercise (or off of coaches whistle)

- 1) 1 minute of Streamline / torpedo kick followed by 1 minute of swim looking to feel a great body position in the water **THEN 1 minute of swim**
- 2) 1 minute of glide - 5 - Glide. We start with taking 5 strokes and then hold a side on position for a count of 2-3 (approx) then repeat. You will work bilaterally with this drill **THEN 1 minute of swim**
- 3) 1 minute of 6-3-6, we will take 3 strokes and the kick on our side for a count of 6 holding good form **THEN 1 minute of swim**

These drills are harder performed tethered but are possible and will really work your alignment and balance.

We will repeat this block once depending on time

REST 1 MINUTE BEFORE STARTING PART 2 (or on coaches guidance / whistle)

Part 2 - Fitness Building

A mixture of short swims and rest as follows.

1 minute on / 30 seconds off (rest)

1:10 on . 20 seconds rest

1:20 on / 10 seconds rest

1:30 on / 30 seconds rest

Rest 30 seconds and repeat.

Use your stroke count if you do not have access to a watch upping the strokes by 15 in each block, and taking the defined rest (i.e. 60 stroke / 30 sec, 75 strokes / 20 secs, 90 strokes / 10 secs etc)

Repeat x2 (THREE times total unless time or temperature dont allow)

This block will allow you to swim different strokes (if you wish), Use different kit as a progression (i.e. Pull buoy on the first set, buoy and paddles on the second, and putte swim on the third). Or you can just swim it as a normal swim.

REST 1 MINUTE BEFORE STARTING THE MAIN SET, PREP YOUR KIT AND HYDRATE

Part 3 - 120 Stroke Progressive Cooldown

A simple swim to finish off the session that is still going to focus on the work you have already done. We are going to swim this block 3 times.

We will swim 120 strokes, reducing our pace every 20 strokes. Do not slow down too much on the first and second blocks efforts, do it gradually. At the end of the first swim we will start our second repeat at the pace you finished the first effort on, same with the last repeat. At the end of the third repeat you should be looking at around 60-80 strokes of easy effort. If you have a faster stroke rate (such as above 70) then please do 150 strokes on each effort.

If you wish to cool down further perform a fluid 5-10 min optional easy swim. The above should be enough though

Optional Cooldown after the session

See dryland Cool down below

Thank You. I hope you enjoyed this session. You now have the session plan so feel free to do it as often as you wish and experiment with it to make it harder / easier depending on your day's workout goals.

If you enjoyed the session please feel free to leave a voluntary session donation fee, see the links above.

We will release a new session every Tuesday throughout the UK Coronavirus pandemic.

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Dry Land Cool Down

5-10 minutes of light stretching. Try the stretching routine in the swim smooth guru (if you have access to this) at

<https://www.swimsmooth.guru/streamvideo/cLi/qR/dryland-stretching-routine>