

South West Swim

Something For The Weekend Session Plan 3rd February 2023

	Kit	Rest	Set 1	Set 2	Set 3
Warm up					
FC Swim	None	20	300	250	200
1/2 length sprint builds into easy (get the arms turning over)	None	20	8x25	6x25	4x25
Pull Buoy Swim (Paddles Optional)	Buoy (paddles optional)	20	200	150	100
Main Set - Nice and Fast today.					
A rotating set over different distances, with reducing rest. Keep the rest super strict, so kit changes need to be fast!					
Sprint it out - fast as you can hold FC Swim OR Own choice Stroke	None	30	6x25	6x25	4x25
Fins Streamline Kick > < Build FC (last 5m should be flat out)	Fins	20	3x50	3x50	2x50
Pull Buoy and Paddles Max power	Buoy & Paddles	10	3x100	2x100	2x100
Recovery Swim as easy own choice of kit	Choice	60	300	250	200
Pull Buoy and Paddles Max power	Buoy & Paddles	30	6x25	6x25	4x25
Sprint it out - fast as you can hold FC Swim OR Own choice Stroke	None	20	3x50	3x50	2x50
Fins Streamline Kick > < Build FC (last 5m should be flat out)	Fins	10	3x100	2x100	2x100
Recovery Swim as easy own choice of kit	Choice	60	300	250	200
Fins Streamline Kick (hard effort)	Fins	30	6x25	6x25	4x25
Pull Buoy and Paddles Max power	Buoy & Paddles	20	3x50	3x50	2x50
Sprint it out - fast as you can hold FC Swim OR Own choice Stroke	None	10	3x100	2x100	2x100
Own choicne cooldown swim - own choince stroke and kit	Choice	60	300	250	200
Session Total			3400	2800	2200