



## Session Name: A Bit Of It All

This technique session has a bit of everything. We are building some fitness with some longer swims, and then really focusing on our technique with some shorter swims.

This session is very easy to follow and holds a very structured distance pattern virtually all the way through the session.

This session is based around our Wednesday Evening Pure Technique Session held at the Link Centre in Swindon, Wiltshire.

### [See The Video Introduction For This Session](#)

**See Head Coach Jason's Introduction to this session plan at**

There is no intro video for this week's session, sorry.

### [Want To Be Coached By South West Swim?](#)

South West Swim are based in Swindon and the Cotswolds in the UK. We pride ourselves on offering the very best in coaching and are Swim Smooth Certified, specialising in Stroke fault identification and correction, as well as long distance swimming for open water, Triathlon and Fitness.

Make South West Swim your swim home and book a session at [www.southwestswim.co.uk](http://www.southwestswim.co.uk)

## Want To Contribute To South West Swim?

This session is free of charge, however if you liked your swim and want to contribute to South West Swim's content feel free to leave a voluntary session fee for this session via Paypal at <https://www.paypal.me/southwestswim>

## Recommended Kit For This Session Plan

For this session we would recommend:

- Finis Freestyler Paddles
- Finis Pull Buoy or Finis Axis Buoy
- Finis Freestyler, Agility or ISO paddles

Swim Training Aids are available to purchase directly from [www.southwestswim.co.uk](http://www.southwestswim.co.uk)

## Session Warm Up

- **Due to the nature of this session there is no defined and separate warm up today, just ease yourself into the session and build section by section.**

Notes:

## Main Set

### 1. A bit of catch development

#### Freestyle Swim (Easy Warm Up Pace)

- **Set 1** - 400m
- **Set 2** - 300m
- **Set 3** - 200m

Rest 30 seconds Followed by:

Pull Buoy 12, 10 or 8 x 25m as 12.5m Scull 1 into 12.5m Doggy Paddle out > < then FC Swim Back.

Rest 5 seconds between each 25m

### 2. A bit of Rotation

- **Set 1** - 400m 6-1-6 out > < FC B5 back
- **Set 2** - 300m 6-1-6 out > < FC B5 back
- **Set 3** - 200m 6-1-6 out > < FC B5 back

Rest 30 seconds Followed by:

Fins 12, 10 or 8 x 25m as Torpedo / Streamline kick into easy swim focusing on the catch and pull.

Rest 10 Seconds between each 25m

### 3. A bit of Catch and Pull Endurance

- **Set 1** - 400m Pull Buoy & Paddles
- **Set 2** - 300m Pull Buoy & Paddles
- **Set 3** - 200m Pull Buoy & Paddles

Rest 30 Seconds Followed by:

No Kit 12, 10 or 8 x 25m FC Sprints. Go as fast as possible whilst holding good leg kick technique.

Rest 15 seconds Between each 25m

### 4. A Bit of Breathing Work

- **Set 1** - 400m FC Swim Focusing on breathing out under the water and in on a pattern of every 2,3,2,3etc
- **Set 2** - 300m FC Swim Focusing on breathing out under the water and in on a pattern of every 2,3,2,3etc
- **Set 3** - 200m FC Swim Focusing on breathing out under the water and in on a pattern of every 2,3,2,3etc

Rest 30 Seconds Followed by:

No Kit 8 x 25m FC. 1st length breathing every 3, 2nd breathing every 5, third

breathing every 7 and 4th breathing every 9. Then come back down the pyramid (so 3,5,7,9,9,7,5,3) Sprints. Go as fast as possible whilst holding good leg kick technique.

Rest 15 seconds Between each 25m

**5. A finishing flurry - Perform at around a 80-85% effort**

- 8 or 4 x 100m each thinking about and focusing on one specific area of the stroke:
  - 1 (&5) - Catch
  - 2 (&6) - Rotation
  - 3 (&7) - Leg kick (from the hip)
  - 4 (&8) - Breathing every 3 or every 5

## Cool Down

We are all done now it's time to chill, stretch and relax.

Perform a 400, 300 or 200m cooldown swim of your choice. Own choice kit, own choice drills, or just a nice easy swim down.