



## Session Name: A Good Old Fashioned Swim (By Coach Stuart)

This week's online session is based around a session Coach Stu delivered last Friday. I swam it and it's a simple belter of a session.

The aim of the session was to swim hard, yet pace well.

If you want to join us in person for one of our squads then contact me at [Jason@southwestswim.co.uk](mailto:Jason@southwestswim.co.uk). We have trial places available on some sessions as we grow our community of swimmers even further.

Enjoy this session :)

### Want To Be Coached By South West Swim?

South West Swim is based in Swindon and the Cotswolds in the UK. We pride ourselves on offering the very best in coaching, both in the pool and open water. Head Coach Jason is 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), check out our show reel at <https://youtu.be/ONyR51WxdKw>

**WE ARE CURRENTLY OFFERING A FREE TRIAL SESSION IN MANY OF OUR SQUAD SESSIONS AS WE HAVE EXPANDED.**  
Email [jason@southwestswim.co.uk](mailto:jason@southwestswim.co.uk) for information and arranging to join us at either the Link centre or Milton Road.

Swimmer reviews can be found at [https://www.wellnessliving.com/crossfit/swindon/southwestswim/review/?id\\_mode=12](https://www.wellnessliving.com/crossfit/swindon/southwestswim/review/?id_mode=12)

## 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 you have a choice of kit to use, recommended Buoy, Paddles or Fins.

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

**See Head Coach Jason's Introduction to this session plan including a guide to a couple of the drills used today at  
No Video Today**

Want to know more about your individual stroke and the drills & visualisations you should be focusing on? And why! Book into a Video analysis, Mini analysis or 1-to-1 session with us for a comprehensive stroke MOT.

[Session Plan \(2 different distances\)](#)

[\(Printable version of this week's session\)](#)

## South West Swim Something For the Weekend Session Plan

Date: Friday 27th May 2022, Written by Coach Stu Foster

Part	Kit	Rest	Set 1	Set 2
Warm up				
FC Swim	None	30	200	150

Fins Kick > < Swim	Fins	30	200	150
Fins 6-1-6 Drill or 6-3-6 Drill > < Swim	Fins	30	200	150
FC Pull	Pull Buoy	30	200	150
Swim HARD > < Swim EASY	None	30	200	150
<b>Main Session Repeat 3 or 4 times in total (20 seconds rest + 1 minute between repeats)</b>				
The aim of this session is to pace well when swimming hard				
Each 50m swim should be at the same pace. Use a watch or the pool pace clock				
Hard Swim - aiming for each 50m swim to be the SAME pace / time	None	20	8x50	4x50
Hard Swim with choice of Kit - Aiming to swim the SAME pace as the 50m efforts	Choice	20	200	150
Easy Recovery Swim - Choice of kit	Choice	60	200	150
Easy Cooldown Swims - own choice of swim and/or stroke			200	200
<b>Session Total</b>			3200	2250