



Session Name: All Rounder

This week's online session is based around a session we ran a couple of variations of in our first Sunday Session back from Summer, and another variation of it during this Wednesday's technique squad.

This sessions works through 3 key blocks of your swim technique; Kick, Rotation and Catch. It uses blocks of swim with focused drills and focused swims. Try to work the feel of the drills into the swim parts that directly follow, and build everything together through the session.

As with all our released session plans, feel free to adjust distances and number of blocks performed to suit your training schedule, fitness and available pool time.

If you want to join us in person for one of our squads then take a look at our squad page at www.southwestswim.co.uk/poolsquads or contact me at 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, 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 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

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

Pull Buoy

Paddles (Finis Freestyler or Agility paddles are best, depending on your stroke development needs)

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 FOR TODAY'S SESSION, Feel free to mail me if you are unaware of the drills being performed.

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				
23rd September 2022				
	Kit	Rest	Set 1	Set 4
Warm up				
FC swim	None	20	300	200
Half length Torpedo kick into Swim	Fins	10	4x25	2x25
Pull buoy swim	Pull buoy		150	100
Focus on the leg Kick technique				
Fins Torpedo Kick > < FC Build slowly speeding the legs	Fins & Snorkel (optional)	20	4x50	2x50

Easy Swim	None	20	2x125	2x100
Focus on our Rotation				
6-1-6 > < FC Build slowly and feel rotation	Fins	20	4x50	2x50
Easy build to medium Swim	None	20	2x125	2x100
(replace 6-1-6 with kick on side for anybody struggling)				
Focus on our catch 1		20		
Scull1 to swim (1/2 L of each)	Pull buoy	20	4x50	2x50
Medium Swim to Fast	None	20	2x125	2x100
Focus on our catch 2				
Pull buoy & Paddles	Pull buoy & Paddles	20	4x50	2x50
Super speedy swims - hold form	Kit Optional to get the most speed	20	6x25	4x25
Own choice easy cooldown - distance up to			400	200
Session Total			2650	1650

