



Session Name: Alter Ego

NOVEMBER OFFER - SWIM WITH PURPOSE IN A SWS SQUAD

Join one of our swindon group / squad sessions* for a **FREE Trial** and receive a **30% discount off your first 5 session session pack** when purchased afterwards. Contact Jason at 'swim@southwestswim.co.uk' and we will get you started. Our 30% off offer is our November promotion and is very limited, only whilst packs last.

[View Our New Find Your Swim Thunder Mini Promo](#)



Session Introduction

This week's online session is a fast switching session between odds and evens, using swim and swim toys (pull buoy, paddles and Fins) to give feel to your stroke technique. The session starts with blocks of 200m and reduces all the way down to some fast and powerful 50m and 25m efforts.

This is a slightly reduced and adopted version of our Tuesday session from this week. Keep the rest honest and kit changes quick to get the most out of the session in both terms of pacing, fitness building and some technique focus.

This session plan uses CSS based pacing scales and RM (Red Mist) turnaround timings. If you know your timings then please use these for the session. If you don't use (or know about) CSS based work then swim to the intensity directions in the session plan itself.

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.

See The Video Introduction For This Session

See Head Coach Jason's Introduction to this session plan.

No video today as the session is quite straightforward, but please feel free to mail us at swim@southwestswim.co.uk for direction if needed.

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.

Want To Be Coached Regularly By South West Swim? Join a SWS Group session / Squad

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, and our November special offer gives you a cheeky discount when you buy your first 5 session pack afterwards.

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
 Centre Snorkel

Session Plan (2 different distances)

The session is below, but It's hard to fit the session plan in this document (and make it readable) so please [Click here for a printable one page version of this week's session](#)

South West Swim's Something For The Weekend Session				
4th November 2022				
Warm up	Kit	Rest	Set 1	Set 2
Swim - Build Speed through the distance	None		400	200
Kick (Torpedo Front or Back)	NO FINS		50	50
Pull	Buoy		250	150
SWIM STRAIGHT THROUGH THIS WARM UP, NO REST				
200 super mix as		30	6x200	4x200
odds = Pull buoy and paddles, slowed down catch to feel the movement	Buoy &			

	Paddles			
Evens = Swim at around 65% threshold effort (or CSS+6 Pace)	None			
100/150 Super Mix		20	6x150	4x100
odds Buoy & Paddles (work on weaker side if you have one using just 1 paddle on that side)	Buoy & Paddles			
evens = Swim at around 80% effort (1500m threshold or CSS Pace)	None			
Super 50's - RM8		10 (beep 1 RM)	12x50	8x50
Odds = Fins and paddles (BIG effort pulls, grab that water and press BACK)	Fins & Paddles			
Evens = Swim PFQ (pretty Flippin Quick / Sprint)	None			
Kicky 25's		10	10x25	10x25
12.5m hard kick (no fins) INTO sprint	None			
Own choice cool down, distance up to finish of the session			200	200
Session Totals			3850	2450
Adjust as needed for your own time and fitness. For a shorter session loose the "Kicky 25's" section				