



Session Name: Backing It Off, Distance Plod

This week's online session is based around our Thursday Morning Endurance Technique session. This week it was more about endurance swims with technique focus.

Our Tuesday and Thursday squads have been working really hard over the past 4 weeks or so in tough sessions. This session was designed to get them slowing the pace but feeling great stroke movement and technique. A little "easy" session to throw a curveball, the swimmers had to learn to go slow.

If you want to join us in person for one of our squads then 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

For this session we would recommend:

Pull Buoy, Paddles (Finis Freestyler would be awesome), Fins, Centre Snorkel, Finis Tempo Trainer

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

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 Session Plan

Something For The Weekend - Easy Distance 2

Warm up	Kit	Rest	1	2
Continuous swim as:				
Swim	None		200	100
Kick	None		50	50
Pull	None		150	100
CSS+8 Swim / easy swim at around 60% effort of 1500m swim	Tempo Trainer	20	1000	800
focus on the long distance goal, easy swim with good tech focus				
Should feel very easy and free flowing				
KIT USE AS				
ODDS - buoy & Paddles	Pull buoy & Paddles	20	6x100	4x100
EVENS - Pull buoy only (optional)	Buoy (optional)			
CSS+6 wim / easy swoim at 65% effort level of 1500m Swim		20	2x500	2x300

focus on the long distance goal, easy swim with good tech focus	Tempo Trainer			
CSS Pace Swim / swim at 1500m threshold pace - fast as possible on last 25m	Tempo Trainer	20	4x100	3x100
Stroke Rate Swim - if using a tempo trainer set to stroke rate on mode 3		20	2x300	2x150
focus on the long distance goal, easy swim with good tech focus				
Swim the first as flowing, the second treat as your cooldown				
Session Totals			4000	2650

If you are feeling good and have time add in another 100m or 800m sections after the CSS pace swims