



Session Name: Big Drill Blocks

Join one of our squad sessions* for a **FREE Trial** and receive a **30% discount** off your first 5 session credit 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](#)

This week's online session contains a big drill and kit use block focusing on stability, engaged core and rotation, with some breathing pattern and control work thrown in for good measure. In block 1 focus on technique and engagement with the water and NOT speed and getting it done as fast as possible.

Block 2 gets us doing a little distance with a 400 or 200m straight swim at CSS+4 (or moderate effort) and then some further pull buoy and paddle work, but this time pushing it a little harder than you did in block 1.

This is a slightly adapted version of our Thursday Endurance Technique session that our Thursday squad enjoyed this week. Done properly and at the right intensity this session will offer good skills and endurance development, alongside some great pacing development.

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 plans 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 including a guide to a couple of the drills used today at

<https://youtu.be/jqGbuw9hbg4>

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.

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 - Something For The Weekend Session Plan

Date: 28th October 2022

	Kit	Rest	Set 1	Set 2
Warm Up				
FC swim	None	20	300	150
Torpedo Kick > < FC	Fins	10	2x50	2x50
6-1-6 > < FC	Fins	10	100	50
Pull buoy swim	Pull buoy	60	200	100
			100	100
BLOCK 1 - Focus on Stable Head position and Engaged Core for the drill sections. Pull buoy and paddles section				
focus on breathing patterns and rotating/sliding into the breath without big head / neck movements. Smooth it out				
Torpedo > < FC Breathing every 3 or Centre Snorkel	Fins (snorkel opt)	30	200	150
Pull buoy & Paddles Breathing pattern of 3,2,3,2,3,2 etc (twice to one side, twice to the other)	Buoy & Paddles	30	300	150
6-3-6 > < FC Breathing every 5 (use paddles if you want extra focus)	Fins	30	200	150
Pull buoy & Paddles Breathing Pattern of progressive 3,5,7,3,5,7,3,5,7 etc	Buoy & Paddles	30	300	150

Broken Arrow, Shoulder tap (or mix of both) > < FC Breathing every 3	Fins	30	200	150
Pull buoy & Paddles Breathing only to your weakest side	Buoy & Paddles	30	300	150
BLOCK 2 - Pacing on the 400/200's Swims, try to make it even or hit the beeper setting if using CSS and a tempo Trainer.				
Pull buoy and paddles efforts focus on catch and pull technique. If you have a weaker side use a single paddle on that arm.				
FC Swim at CSS+4 or Moderate effort (if not using CSS times)	None	30	400	200
Buoy & Paddles on RM10 or 30 seconds rest	Buoy & Paddles	30	3x200	3x100
(if using RM settings 200's go on beep 4, 100's go on beep 2)	Snorkel optional	(Beep 4 or 2)		
FC Swim at CSS+4 or Moderate effort (if not using CSS times)	None	30	400	200
Buoy & Paddles on RM10 or 30 seconds rest	Buoy & Paddles	30	2x200	2x100
(if using RM settings 200's go on beep 4, 100's go on beep 2)	Snorkel optional	(Beep 4 or 2)		
Easy Cooldown swim - choice of stroke and kit	Own Choice		200	200
Distances UPTO, depending on time left				
Session Total			4400	2500