



## **Don't miss our February Special**

**Join us in our Endless Pool for some premier swim development with our February Swim Booster offer**

**This offer will save you 20% (£35) on our normal session prices and give you;**

**1x Video Analysis Session (90 minutes)**

**And**

**1x 1-to-1 Endless Pool session**

**These sessions can be used in any order, but must both be swum by June 1st 2023**

**The cost of this special twin pack is £140, and we can even arrange a 3 month payment plan of 1x £60 and 2x £40 payments to split the cost of your swim development)**

**[Find out more and purchase your pack this HERE](#)**

# Session Name: Big Race Pace

## Session Introduction

Hi Swimmers, welcome to another FREE session plan from South West Swim.

This week we have a great crossover set with some bigger distance Red Mist type efforts, a little bit of fast sprint work back to back with a long endurance finisher. Don't worry there's a chance to grab some focus on your technique in between with an own choice recovery swim. This is based around a session we delivered to our Tuesday squad this week.

Like different strokes? Chuck in some fly, back or breast work in the sprints should you wish.

The set is structured at CSS pace which is your threshold over 1500m, or you can swim it at your perceived race pace for the distance you are training for. Our swimmers swam this set under threshold, so they were chasing their times through the set. If you want to get the full benefit of our sessions that use CSS pacing then you can download our CSS Test session [HERE](#). There are 4 different distance variations 2,3,4 &5km.

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**

**Sorry no video today as coach Jason has lost his voice!**

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](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**  
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>. Many thanks to all that contribute in this way, it is much appreciated.

## Session Plan Download Below (4 different distances- 2,3,4,& 5 KM)

**This week's session can be downloaded from the link below. This is a one page version of the session which you can print out and take to the pool, if you enjoy it please feel free to share it with you swim buddies or why not swim it together.**

**[Click here for a printable one page version of this week's session](#)**

**We really hope you enjoy this week's session and we always welcome feedback, be it online via our social media pages, via email ([swim@southwestswim.co.uk](mailto:swim@southwestswim.co.uk)) or social messages.**

## Recommended Kit For This Session Plan

Pull Buoy  
Fins  
Paddles  
Centre Snorkel

