



Session Name: Bunch Of 5's (Race Style)

This week's online session is based around our Tuesday morning pacing development squad session, which we delivered this week. The aim of the session was to put our swimmers under some race day pressure in terms of hitting turnarounds, paces and stroke rates. If you can swim this session with a group of your training mates of similar pace it would be a great addition. There was no structured swim warm up in this session so that it resembled race day. I have adjusted the session somewhat so that it can be swum outside of the squad in a public session.

YOu will not need any kit for this session, unless you are using CSS and RM paces as described, in which case you will need to set your Finis Tempo Trainer to your individualised paces.

This session is based on a 90minute time slot, as all of our morning sessions are 90 minutes long. However I have attached 4 different distances today to cater for different abilities and time in the pool. Feel free to adjust the sessions further for time constraints or fitness/experience.

For the best session this set uses a Finis Tempo trainer set to various CSS (Critical Swim Speed) settings based on your individual CSS test results. If you don't have a tempo trainer or know your CSS Threshold pace then we have translated this to % effort. Our Percentage effort is based on 80% being the effort you can hold a continuous swim over 1500m.

If you want to join us in person for one of our squads then contact me at Jason@southwestswim.co.uk. We have trail 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

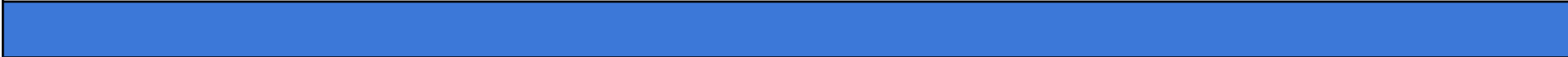
Want To Contribute To South West Swim?

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:
No kit is needed for this session today.



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

There is no video for this session today, it is fairly straightforward swimming.

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 (4 different distances)

[\(Printable version of this week's session\)](#)

South West Swim Session Plan					
Something For The Weekend 8th April 2022 - Bunch of 5's, Let's Start Getting Race Prepped					
Part	Rest	1	2	3	4
Warm up - Perform some dryside warm up today. Pretend you are at an event swim today and do what you would normally do before your swim					
No Swim Warm up today, straight in and getting to it. Race style.					
Swim starting each rep as a fast 1st length and then settling into a nice paced rhythm, with a sprint finish	20-30 seconds rest	5x250	5x200	5x150	5x150
Build effort on each set (if using CSS pacing go at CSS+6)					
RM8 pace or Hard efforts with 10 seconds rest	Beep 1 or 10 seconds	5x50	5x50	5x50	5x50
CSS Pace or hard efforts that are sustainable over multiple 100's	10 seconds	10x100	8x100	5x100	5x100
Ensure you are hitting the same time in each repetition or meeting the tempo trainer beep on CSS					

Swim starting each rep as a fast 1st length and then settling into a nice paced rhythm, with a sprint finish	20-30 seconds rest	5x250	5x200	5x150	
Build effort on each set (if using CSS pacing go at CSS+6)					
RM8 pace or Hard efforts with 10 seconds rest	Beep 1 or 10 seconds	5x50	5x50	5x50	
Easy Cooldown Swim - own choice kit /stroke		500	200	200	200
Session Total		4500	3500	2700	1700