



Session Name: The CSS Test

This week's online session is giving you the chance to calculate your threshold pace over 1500m.....without swimming hard for 1500m.

The session is quite simple, we start with a long easy warm up, then start to build our heart rates, then get to grips with our estimated pace and then perform a 400m time trial, followed after some active recovery by a 200m time trial. Simple, and the only real effort is in those two time trial swims.

You then enter this data into the [CSS calculator here](#), which will give you a threshold pace and other useful data (sign up for the swim smooth guru may be required for advance metrics).

Once you have your time you can use it to highlight your current baseline, 400m and 200m PB's and pacing skills, using a Finis Tempo Trainer Pro to really get you producing some quality swim splits, and get faster over the coming months.

You find out more about how CSS training works in this valuable YouTube video by SwimSmooth [here](#) . Want to get working on your swim in more depth with these methods? Then join us in one of our Swindon based sessions, see information below.

Our session plan is based off of a standard Swim Smooth Test session, tailored for our own squad swimmers a little.

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 and are 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:

- Finis Freestyler or Agility Paddles
- Finis Pull Buoy or Finis Axis Buoy
- Fins / Flippers
- Finis Tempo Trainer

Swim Training Aids are available to purchase directly from www.southwestswim.co.uk or for existing swimmers wishing to collect through your booking system account

Session Plan (4 variations for different session lengths / abilities)

[Click here to print](#)