



## 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. Over the past two weeks all of our squad swimmers (who have attended, we will catch up with the rest of them later) have been swimming a CSS test session. This allows us to put a pin in their current swim speeds, pacing, threshold pace etc. We will then use this information for lane groupings and development over the next 4-5 months.

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 calculator on the website linked below which will give you a threshold, alternatively send them over to me at [Jason@southwestswim.co.uk](mailto:Jason@southwestswim.co.uk) for a more indepth result.

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 can read more about CSS training and how it works in the Swim Smooth Article [here](#) and the YouTube video about how CSS training works [here](#) . Want to get working on your swim in more depth with these methods? Then join us in one of our Swindon based sessions.

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](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 AS WE HAVE EXPANDED.  
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>

## Recommended Kit For This Session Plan

For this session we would recommend:

- Finis Freestyler, Agility or ISO 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](http://www.southwestswim.co.uk) or for existing swimmers wishing to collect through your booking system account

## See The Video Introduction For This Session

**See Head Coach Jason's Introduction to this session plan at**

There is no video this week apart from the video linked above (as well as the swim smooth description of CSS linked above)

Session Plan (4 versions - 2 for 75-90mins, 2 for 60 mins, set 1 is the longer session, set 2 is the shorter version)

[\(click here for a printable version\)](#)

Part	Kit	Rest	1 (75-90 Minutes)	2 (75-90 Minutes)	1 (60 Minutes)	2 (60 minutes)
<b>Warm up</b>						
Easy FC	None	20	400	250	200	200
6-1-6 > < FC	Fins	20	300	200	100	50
Pull buoy & Paddles Swim	Buoy & Paddles	20	300	200	200	100
Scull1 into doggy paddle > < FC	Buoy	20	100	100	100	50
<b>BUILD - Start getting your engine revving up ready to go.</b>						
Fast > < Easy	None	10	6x50	4x50	6x50	4x50
<b>PREP - Gauging the pace of your 400m swim time trial</b>						

Swim at perceived average pace over your 400m Time Trial	None	20	4x100	3x100	3x100	2x100
If after your first 100 you feel yo exerted too much and would not be able to keep this up then						
slow everything down on the second, adjust for the third and fourth repeats.			3-4 Minutes Rest	3-4 Minutes Rest	3-4 Minutes Rest	3-4 Minutes Rest
<b>Time Trial Swim 1 - 400m (16 lengths if swimming a 25m pool)</b>			400	400	400	400
			Time Trial	Time Trial	Time Trial	Time Trial
<b>Recovery Swim</b>						
own choice swim / own choice kit for 10-15mins						
Swim all of this easy to recover ready for the 200m swim, but also try to add in some short bursts of speed						
Try to keep moving						
<b>Time Trial Swim 2 - (8 lengths if swimming a 25m pool)</b>			200	200	200	200
			Time Trial	Time Trial	Time Trial	Time Trial
<b>Recovery Swim / cool down swim</b>						

Adjust to your own time today, no set distances. You've worked hard in those time trials so choose your favourite (or better still least favourite) drill and perform some sets of 50m - 100m

Easy cooldown swim, Include a mixture of kick on side based drills to loosen off and easy swim
