



## Session Name: Catch It!

This week's online session is a nice little technique focused session to develop a feel for a good catch and positioning at the front of the stroke, whilst building great breathing technique skills. We will be using pull buoy and paddles and a mixture of breathing patterns.

The aim of this session is to get a feel for that “biting point” at the front of the stroke and some control into hand entry and positioning, at the same time we hope to make your breathing position flow a little easier.

This session is very loosely based around our Wednesday evening Pure Technique session held at the Link Centre in Swindon a couple of weeks ago.

I have written two options today, but feel free to change the distances to suit your time available or level of fitness.

This session has a lot of text to describe the drills and focus points, you may wish to simplify this before printing out or taking to the pool yourself.

## See The Video Introduction For This Session

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

There is no video for the session this week, sorry.

## 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
- Finis Fins

Swim Training Aids are available to purchase directly from [www.southwestswim.co.uk](http://www.southwestswim.co.uk)

## Session Warm Up

**Very easy paced swimming, get in, feel the water and focus on your movement in the stroke.**

- 300m or 200m - Just Swim, easy swimming to get your feel for the session
- 200m or 150m - PULL BUOY Swim, Use a bilateral breathing pattern
- 100m or 100m - BUOY AND PADDLES Swim

### **Then, Pre Main Set**

- 4x50m FINS Torpedo / Streamline kick out, FC back. Start your kick as a light kick and gradually build the speed through the length into a faster kick effort. Always maintain good kick technique by starting the kick at the hips and have a relaxed knee and ankle.

Notes:

## Main Set

### **Fins Kick on Side**

If you don't have a pair of Fins then don't worry, you can do this drill without them. If doing without you may wish to do half a length of kick on side then finish with swim.

With one hand extended to the front and the other resting on your side, simply rotate and kick in the side position. Try to maintain a stable hand position at the front of the stroke with your middle finger inline with the shoulder and fingers lower than the wrist wrist lower than the elbow. This is the prime position you want to be looking for through this session.

Set one = 2 x 50m on each side

Set two = 2 x 25m on each side



### **6-1-6 Drill**

Kicking on your side as above but count to 6 and then take one stroke and breathe, switching to the other side, repeat. Tyro to keep a smooth breathing rotation on the stroke keeping your ear in the water at all times (even better if you aim to keep one goggle in the water whilst breathing)

Set one = 2 x 100m

Set two = 2 x 50m

### **Fins Swim**

Swim with Fins focusing on good rotation and alignment, think about smooth breathing without moving the head or neck too much, one goggle in etc. Let the stroke flow.

Set one = 200m

Set two = 100m

### **Pull buoy and Single paddle, breathing to the opposite side of the paddle hand**

The aim of this drill is to learn to control the lead hand, without gliding too much or pressing down in the stroke. As the hand enters you should "slide" into the breath. Enter the water fingertips first, aiming for that fingertips lower than the wrist, wrist lower than the elbow positioning.

Set one = 2 x 100m

Set two = 2 x 50m

Remember to change the paddle to the opposite hand after the first set (i.e 100m / 50m paddle left, breathing right then 100m / 50m paddle right, breathing left)

### **Pull buoy and paddles (perform 50m if doing an easier set)**

Set 1 = 100m of each of the following

Set 2 = 50m of each of the following

- Breathing every 3
- Breathing every 4 to the right going out, and every 4 to the left coming back)
- Breathing every 3 or 5

### **Repeat, Pull buoy and Single paddle, breathing to the opposite side of the paddle hand as above**

### **Finishing swims**

Set one = 6x50m

Set two = 4x100m

Working from hard effort down to easy efforts. Still focus on controlling the breathing, alignment and feel at the front of the stroke as you have been practicing in this session. The hard efforts should put your stroke under pressure, but really try to maintain that great form you have been building up.

## Cool Down

We are all done now it's time to chill, stretch and relax and enjoy your water  
Perform a 10 minute cooldown swim of your choice, just a nice easy swim down or splash about in the water.