



## Session Name: Catch a Breath?

This week's online session is based loosely around our Wednesday evening pure Technique Endurance Session, which we delivered this week at the Link Centre in Swindon. This Session consists of our standard technical warm up and then has a focused skills pyramid. At the top of the pyramid is a long pacing based swim and if you followed last week's CSS test session now is the time you can start to put those figures to the test. Contact me for any help in this area if you need to.

## 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 including a guide to a couple of the drills used today at**

<https://youtu.be/8q9bCvmqzts>

## Session Plan (2 different distances)

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

	Kit	Rest (seconds)	1	2
<b>Warm up</b>				
FC swim	None	20	200	150
Torpedo Kick > < FC	Fins	10	2x50	50
6-1-6 > < FC	Fins	10	50	50
Pull buoy swim	Pull buoy	60	100	50
<b>Main Set - Mixed skills and pacing uneven pyramid</b>				
FC Swim breathing bilaterally every 3rd or 5th stroke	None	20	100	100
FINS 6-1-6 out > < FC back	Fins	20	200	100
ensure the breathing on the drill is smooth and with the rotation				
FC Swim Breathing every 3 > < Breathing every 4 to the weaker side	None	20	300	200
Pull buoy and paddles (optional paddles) Fast > < Easy	Buoy & Paddles	20	400	300

Tempo paced swim at CSS +3 Pace (or 85% effort if not using CSS)		60	600	400
Pull buoy and paddles (optional paddles)	Buoy & Paddles	20	400	300
Try to stick to CSS+3 pace (or 85% effort if not using CSS)				
FINS Broken Arrow > < 6-5-6 +50m Swim (repeat)	Fins	20	200	200
FINS Fast FC Swim with Fins	Fins	20	100	100
<b>Cooldown</b>				
Own choice swim stroke / kit easy swim	own choice of kit		200	200
<b>Session Total</b>			2500	1900