



Session Name: Constant Rolling Swim

October Special Offer - Only TWO spots left to take advantage of this discount (Tuesday 25th & Wednesday 26th @ 9:30am)

Save 20% off of a South West Swim Video Analysis Session or 60 minute 1-to-1 Session that is swum in October 2022. Book your session at <https://southwestswim.co.uk/endlesspoolcoaching> and use code 'RebootMyStroke' at checkout

This week's online session is a mixture of super hard sprints over 100, 50 & 25 metres back to backed with the same distance of active recovery. It is a fast moving session with a BIG block of continuous work where most of your rest is active. Make your active recovery moderately easy, but don't slow down too much to a crawl. We want you to ease off but keep moving. Keep your static rest of 20 seconds strict and take on water / fluids.

Mix it up if you wish with some fins or pull buoy and paddle to add intensity and variety.

As with all our released session plans, feel free to adjust distances and number of blocks performed to suit your training schedule, fitness and available pool time.

Want To Be Coached Regularly By South West Swim? Join a SWS Group session / Squad

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

Pull Buoy
Paddles (Finis Freestyler or Agility paddles are best, depending on your stroke development needs)
Fins
Centre Snorkel

Session Plan (2 different distances)

The session is below but It's hard to fit the session plan in this document so please [Click here for a printable one page version of this week's session](#)

South West Swim Something For The Weekend Session Plan				
Date: Friday 21st October 2022				
	Kit	Rest	Set 1	Set 2
Warm up				
Swim - Build Speed through the distance	None	20	300	200

Own Choice Kick	Fins	20	100	50
Pull buoy (paddles optional)	Buoy & Paddles (opt)	20	200	100
Build Block				
Fins Torpedo Kick INTO Swim. Gradually increase the arm cadence each repeat	Fins	20	8x25	6x25
PFQ = Pretty Flippin Quick (i.e. as fast as you can go for the distance at hand)				
100m blocks as 3 Lengths PFQ + 100m Active recovery (take care not to swim too easily)	None	20	4x200	3x200
50m blocks as 2 lengths PFQ + 50m Active recovery	None	20	4x50	3x50
25m blocks as 1 length PFFQ (yup, even quicker. give it your all) + 25m Active Recovery	None	20	8x25	4x25
Power Down - Pull Buoy and paddles starting hard and reducing the effort to easy on each length.	Buoy & Paddles	10	8x25	6x25

Easy Own Choice Cooldown Swim (own choice of stroke and kit)	Own choice of kit		200	200
Session Totals			2400	1700