



Session Name: Dance To The Beep

This technique session is going to get you feeling the rotation in your stroke, and matching that to the rhythm of your arm cadence.

This session has a drill within it called UNCO. If you have never done this before it is quite hard, so we have a variation for you in order to build up to this over time. See the introduction video for more instruction.

This session is based around our Thursday Morning Endurance Technique Session held at the Link Centre in Swindon, Wiltshire. Here is what Squad Swimmer Debbie told us in her review of the set

“Fantastic session today Jason. A mix of “fast and furious” and rotation drills.

Hopefully we'll have this one again!”

(more swimmer reviews on our squads and other services can be found at https://www.wellnessliving.com/crossfit/swindon/southwestswim/review/?id_mode=12)

[See The Video Introduction For This Session](#)

See Head Coach Jason’s Introduction to this session plan at

<https://youtu.be/TTKvvgJYNbs>

Want To Be Coached By South West Swim?

South West Swim are 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

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 Paddles
- Finis Pull Buoy or Finis Axis Buoy
- Finis Freestyler, Agility or ISO paddles

Swim Training Aids are available to purchase directly from www.southwestswim.co.uk

Session Warm Up

FC Build Swim - Alternate between Swim and Buoy swim between each set

- **Set 1** - 6x100m
- **Set 2** - 5x100m
- **Set 3** - 4x100m

Make each 100m set slightly faster than the last (i.e. building speed)

Notes:

Main Set

Work your Rotation

We are going to start things off by working your rotation in the stroke. Imagine you are swimming with a broomstick stapled all the way down your spine. You want the feeling of rotating around this broomstick, shoulders and hips flowing in a nice smooth pattern.

- **Set 1,2 & 3** - FINS 4x50m Corpse Kick OUT > < FC Swim BACK
Then
- **Set 1** - 2x200m Fins Swim focusing on dropping and raising the shoulders in your rotation, with a nice flowing hip rotation too. Be careful Not to over rotate
- **Set 2** - 2x150mm Fins Swim focusing on dropping and raising the shoulders in your rotation, with a nice flowing hip rotation too. Be careful Not to over rotate
- **Set 2** - 2x100m Fins Swim focusing on dropping and raising the shoulders in your rotation, with a nice flowing hip rotation too. Be careful Not to over rotate

Add in some Rhythm

The following sections were performed with a Finis Tempo Trainer Pro on Mode 3. If you use this you will need to know your stroke rate.

FC Swim at your Base Stroke Rate - get a good flow into your stroke so it feels natural

- **Set 1** - 3x200m
- **Set 2** - 2x200m
- **Set 3** - 2x150m
Then
- **Set 1&2** - 4x50m FINS Single Arm Drill (beginners arm in front of head, experienced arm by your side). Perform Left arm going out, right arm coming back. Breathe to your recovery side (i.e. breath to the arm you are stroking with)
- **Set 3** - 2x50m FINS Single Arm Drill (beginners arm in front of head, experienced arm by your side). Perform Left arm going out, right arm coming back. Breathe to your recovery side (i.e. breath to the arm you are stroking with)

If you are performing this drill with your arm by your side it is much better for developing your rotation. Think of the 'dead' shoulder as dipping down and up,

with either drill try to keep the stroke moving and do not pause the leading arm as it enters the water.

FC Swim at Base Stroke Rate PLUS 4 - think of rotation and trying to hold your stroke form together. This may be tough and require a lot of thought about your stroke mechanics

- **Set 1** - 3x200m
- **Set 2** - 2x200m
- **Set 3** - 2x150m

Then

- **Set 1&2** - 4x50m FINS UNCO Drill (beginners perform single arm drill with arm by the side, as per the advanced instruction above). Perform Left arm going out, right arm coming back. Breathe to your **NON** recovery side (i.e. breath away from the arm you are stroking with). Use the tempo trainer for this drill at BASE STROKE RATE -4 (so you would lose 8spm from the swim setting used first)
- **Set 3** - 2x50m FINS UNCO Drill (beginners perform single arm drill with arm by the side, as per the advanced instruction above). Perform Left arm going out, right arm coming back. Breathe to your **NON** recovery side (i.e. breath away from the arm you are stroking with). Use the tempo trainer for this drill at BASE STROKE RATE -4 (so you would lose 8spm from the swim setting used first)

With unco the “dipping” action you performed in the build drill is vital. As you are breathing away from the stroking arm you NEED to rotate otherwise.....well, you take on a lot of water.

Finishing Tempo Pyramid

Our last part of this session will get you swimming at a gradually faster stroke rate through its course. Try and maintain good rotation technique and also try to gauge where you feel your stroke starts to fall apart.

Start at Base Stroke Rate -4 (setting used for unco) and add 2 strokes per minute for each 50m swim. IF you are not using a tempo trainer try to gauge your arm cadence getting gradually faster through the set. We highly recommend tempo trainers for productive training available [here](#). No training aids are required in this part of the session except for the tempo trainer.

- Set 1 - 12x50m
- Set 2 - 10x50m
- Set 3 - 8x50m

Cool Down

We are all done now it's time to chill, stretch and relax.

Perform a 400, 300 or 200m cooldown swim of your choice. Own choice kit, own choice drills, or just a nice easy swim down.

