



Session Name: Deceivingly Fast

NOVEMBER OFFER (EXTENDED TO 15th DEC) - SWIM WITH PURPOSE IN A SWS SQUAD

Join one of our swindon group / squad sessions* for a **FREE** Trial and receive a **30% discount** off your first 5 session session pack when purchased afterwards. Contact Jason at 'swim@southwestswim.co.uk' and we will get you started. Our 30% off offer is our November promotion and is very limited, only whilst packs last.

[View Our New Find Your Swim Thunder Mini Promo](#)



Session Introduction

This week's online session is a mix of sprint and threshold work. I have written FOUR distance versions of the session for you this week to cater for various levels and speeds of swimmer / time in the pool.

Your job in this session is to feel a marked change of pace as you switch between swimming at or around threshold (i.e. a pace you can sustain for 1500m) to a fast length of above threshold work. These lengths will rotate through the session, I will give an example of the first block of 4x100's to explain

1st 100 effort = above threshold on length 1, threshold on lengths 2,3,4
2nd 100 effort = threshold on length 1, above threshold on length 2, threshold on lengths 3,4
3rd 100 effort = threshold on lengths 1,2, above threshold on length 3, threshold on length 4
4th 100 effort = threshold on lengths 1,2,3, above threshold on length 4

You will then perform the same pattern on 75m, 50m and then a half and half effort on the 25m efforts. Watch out for the back to back's.....that's where it doubles up in toughness 😊. ONce you fall into the pattern the session is super easy to remember and will fly by.

If you use CSS pace and tempo trainer there is no absolute need to use it this week, HOWEVER it could be useful to use if you want to ensure you are going faster than your threshold on those fast efforts, simply by the fact you will need to beat the beep into the wall.

This is a slightly adapted version of our Tuesday session from this week, and we will be delivering a session based around this as one of our Christmas week sessions, on Thursday 29th December. Feel free to join us in squad between christmas and new year, you can book the sessions from our [QUICK LINKS](#) page (free trials do not apply to sessions on 27th & 29th Dec).

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, and our November special offer gives you a cheeky discount when you buy your first 5 session pack afterwards.

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>. Many thanks to all that contribute in this way, it is much appreciated.

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 Download Below (4 different distances)

This week's session can be downloaded from the link below. This is a one page version of the session which you can print out and take to the pool, if you enjoy it please feel free to share it with you swim buddies or why not swim it together.

[Click here for a printable one page version of this week's session](#)

We really hope you enjoy this week's session and we always welcome feedback, be it online via our social media pages, via email (swim@southwestswim.co.uk) or social messages.