



Session Name: Distance Cocktail

This technique session focuses on building pacing skills and fitness.

The session can work at two levels of pacing:

- 1) CSS based training with a Finis Tempo Trainer
- 2) Perceived effort in terms of percentage of max

CSS based training is recommended and much more productive for sessions like this. If you know what CSS is then look up your paces and dig out your Finis Tempo Trainer ready to swim on your per length pace on Mode 1.

If you have no idea what CSS training is and want to learn more head to <https://www.swimsmooth.com/improve/intermediate/css-training>

This session has been tailored from a session we delivered to our Friday morning squad on the 9th October 2020. This squad is a 90 minute session so you may have to tailor the session down a little if you have less time than this.

We have provided THREE options, please pick to swim ;

Set 1 (4300m)

Set 2 (3450m)

Set 3 (2700m)

Distances do not include any cooldown swimming.

As always swim at your own relevant fitness level, don't over do it and adjust the session as needed.

See The Video Introduction For This Session

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

<https://youtu.be/Z84hksniVos>

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

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

Session Warm Up

Easy Warm Up Swim

- Set 1 - 400m
- Set 2 - 300m
- Set 3 - 200m

Notes:

Main Set

Part 1 - Easy, Peasey, Pace it Easy

Swim all of the below efforts at CSS+6 or roughly 60-70% effort

- **Set 1**
Pull buoy and Paddles - 8x100m with 30 seconds rest
Then
FC Swim - 400m
- **Set 2**
Pull buoy and Paddles - 6x100m with 30 seconds rest
Then
FC Swim - 300m
- **Set 3**
Pull buoy and Paddles - 4x100m with 30 seconds rest
Then
FC Swim - 200m

Part 2 - Getting Quicker and Longer, Hold On To Your Technique

Swim all of the below efforts at CSS+4 or roughly 75-80% effort.

- **Set 1**
Pull Buoy & Paddles - 4x200m with 20 seconds rest
Then
FC Swim - 600m
- **Set 2**
Pull Buoy & Paddles - 3x200m with 20 seconds rest
Then
FC Swim - 500m
- **Set 3**
Pull Buoy & Paddles - 2x200m with 20 seconds rest
Then
FC Swim - 400m

Part 3 - Sneaky Thresholds

Swim all at CSS pace or an effort matching the pace of your 1500m swim race pace

- All Sets
FC Swim - 2x 400m with 10 seconds rest
(OPTION: if time or fitness is an issue, reduce the distance of this swim to 300m or 200m depending on the set you are following. If further reduction is required just swim once, and do not do the repeat)

Part 4 - Blast it, Swim fast to finish

No tempo trainer needed, Swim fast but try to ensure your pacing is even (i.e. dont sprint off 100% on the first 50m, then find you slow down every repeat thereafter)

Swim all as ODD repeats with a pull buoy, EVEN repeats as FC Swim

- **Set 1**
8x50m with 10 seconds rest
- **Set 2**
6x50m with 10 seconds rest
- **Set 3**
4x50m with 10 seconds rest

Part 5 - You're Killing it now, It's nearly done

Last bit, drain all your remaining speed with some short bursts!

Perform 10m Scull 1 into a fast take off for 12 sprint strokes, slowing down to easy swim to the wall

- **All Sets**
4x25m

Cool Down

We are all done and have cooled down already as per above. You can finish with an optional additional loosener of 5-10 minutes of own choice easy swim, drills and own choice of kit.

Enjoy the rest of your day, reflect on what was done in the session and remember to stretch out