



Session Name: FastTech

This week we are still getting back into swim mode, and this session is giving you the chance to work some front of the stroke entry and catch skills, and putting in some short bursts of speed.

Remember we don't want to overdo it, so swim the session at a pace you are comfortable with, and a 'relevant' effort to your fitness level for the faster parts.

This session is loosely based around parts of our Thursday Morning Session held at the Link Centre in Swindon, Wiltshire.

I have written two options today, but feel free to change the distances to suit your time available or level of fitness.

See The Video Introduction For This Session

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

There is no video for the session this week, sorry.

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

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

For this session we would recommend:

- Finis Freestyler Agility or ISO Paddles
- Finis Pull Buoy or Finis Axis Buoy
- Finis Fins

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

Session Warm Up

Very easy paced swimming, get in, feel the water and focus on your movement in the stroke. After even 1 month off of swimming this may feel quite hard.

- 300m or 200m - Just Swim, easy swimming to get your feel for the session
- 200m or 150m - PULL BUOY Swim, Use a bilateral breathing pattern
- 100m or 100m - BUOY AND PADDLES Swim

Then, Pre Main Set

- 4x50m FINS Torpedo / Streamline kick out, FC back. Start your kick as a light kick and gradually build the speed through the length into a faster kick effort. Always maintain good kick technique by starting the kick at the hips and have a relaxed knee and ankle.

Notes:

Main Set

Scull and speed

We are going to start things off by getting a strong feel for the water at the front of the stroke. Performing half a length of scull 1 then stopping in the middle of the pool and doing a couple of seconds of stationary scull 2 before setting off at pace to complete the length (open water swimmers, think of this as a deep water start). Swim back to the wall easy, taking 10-20 seconds rest before repeating.

- 6x50m or 3x60m PULL BUOY

Build Sprints

Now we are going to build our speed through some 25m lengths. These are pure swims, starting at an easy pace and building to a 80-90% effort on the last set. No kit is needed for this block.

- 8, 6 or 4 x25m

Relax it a little

- 200m EASY Own Choice swimming (any stroke)

Repeat Scull and Speed Part Once More

Repeat the first part of our session but this time without the pull buoy

Finishing it off

We've done a lot of speed work, albeit building up gradually and short bursts (remember don't overdo it in the early stages of being back in the water and swim it relative to your own fitness)

Now we finish off with a nice Moderate distance swim. If you feel strong try and inject some 10 stroke sprint work into the middle of every 3rd length.

- 600m, 500m or 400m. PULL BUOY OPTIONAL

Cool Down

We are all done now it's time to chill, stretch and relax and enjoy your water
Perform a 10 minute cooldown swim of your choice, just a nice easy swim down or splash about in the water.