



Session Name: Five Block Endurance Tech

This week's online session is based loosely around our Thursday Morning Endurance Technique Squad Session delivered this week. This Session is swum at an easier effort than last week's Red Mist session type and includes some technique intervals (or blocks) as well as some longer pacing and fitness based blocks.

For those who know their CSS paces and Stroke rate pace, dust off your Finis tempo Trainers and swim it at CSS+5 and BSR (base Stroke Rate), using the tempo trainer intervals for our rest in some sections too. If you don't have a tempo trainer don't worry, see the next couple of paragraphs. This plan is a 90 minute session and I have given two distance options, but feel free to adjust to your fitness level and time available in the pool. This session can be swum by anybody with a few tweaks on the distances.

Now, If you just read that opening paragraph and thought "what is the coach going on with this talk CSS and tempo thingys" don't worry. Just swim the session at a good solid effort as described in the session plan and try to ensure your pacing is the same for each effort.

If you saw the CSS paces mentioned and got a little excited as you know all about them then get going and set your Finis Tempo Trainers to

CSS+5 (mode 1) paces. Our squads get to learn all about these pacing methods which are / can be tailored to each individual swimmer to the second (or points of a second if we are being really picky).

This session should flow nice and easily with 5 sections taking you through technique, pacing / fitness and a challenging flourish at the end. However feel free to shorten it by only doing less blocks and even Pick 'n' mix it and make your own session from it.

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, 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

For this session we would recommend:

- Finis Freestyler Agility or ISO Paddles
- Finis Pull Buoy or Finis Axis Buoy
- Finis Tempo Trainer

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

See The Video Introduction For This Session

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

<https://youtu.be/6kGuDnNEIAk>

Session Plan (2 different distances)

[\(click here for printable version\)](#)

Warm up	Kit	Rest	Set 1	Set 2
FC swim	None	20	250	150
FINS Torpedo Kick > < FC	Fins	20	2x50	2x50
6-1-6 Drill > < FC	Fins	20	100	50
Pull buoy swim	Pull buoy	Regroup	100	100
Main Set				
Block 1 - focused Technique, Alignment and rotation				
FINS 6-1-6 > < FC	FINS	5	100	100
FINS FC Swim B3 > <B5 (or challenge B5><B7)	FINS	5	100	50
FINS 6-3-6 > < FC	FINS	Regroup	100	50
Block 2 - Build (start easy and build pace each length)				
Pull buoy and paddles - focused technique	Buoy and Paddles	10	400	200
Buoy only	Pull Buoy	10	400	200

Block 3 - Pacing and fitness build				
FC Swim at 80% effort or CSS +5	Tempo trainer Mode 1	1 tempo trainer beep, or 20-30 seconds	400	300
FC Swim at your Base Stroke Rate	Tempo Trainer mode 3	1 tempo trainer beep, or 20-30 seconds	200	150
FC Swim at 80% effort or CSS +5	Tempo Trainer mode 1	1 tempo trainer beep, or 20-30 seconds	400	300
Block 4 - Technical recovery swim				
Pull buoy and Paddles Swim	Buoy and paddles	30	100	100
Buoy Scull 1 1/2 length into Doggy Paddle > < build FC	Buoy (snorkel optional)	30	100	50
Pull buoy and paddles swim	Buoy and paddles	30	100	50
Block 5 - finish with a flourish, sprint it out				
Beat the beeper at CSS+5	Tempo trainer on Mode 1	Go on beep, or take 5 seconds rest	10x25	6x25
Beat the second beep, rest a beep CSS+5	Tempo trainer on Mode 1	Go on beep 2, or take 5 seconds rest	5x50	3x50
own choice stroke / kit cooldown			300	200
Session Totals			3600	2450