



## Session Name: Fruity Drop Set

This week's online session is based around a session we ran a couple of variations of at the end of last month.

This version is a fast and fruity sprint endurance session with a repeating main block and a reducing recovery block.

The session is a tough one and will keep you moving, as long as you abide by the rest periods strictly. The recovery block is your own choice of easy swim with kit of your choice if desired.

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.

If you want to join us in person for one of our squads then contact me at [Jason@southwestswim.co.uk](mailto:Jason@southwestswim.co.uk). We have trial places available on some sessions as we grow our community of swimmers even further.

Enjoy this session :)

## 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, 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](http://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](mailto: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](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

Pull Buoy  
Paddles (Finis Freestyler or Agility paddles are best, depending on your stroke development needs)  
Fins

## See The Video Introduction For This Session

**See Head Coach Jason's Introduction to this session plan including a guide to a couple of the drills used today at**

**No video for this session this week.**

Want to know more about your individual stroke and the drills & visualisations you should be focusing on? And why! Book into a Video analysis, Mini analysis or 1-to-1 session with us for a comprehensive stroke MOT.

Session Plan (2 different distances)

[\(Printable version of this week's session\)](#)

South West Swim				
Something For The Weekend Session Plan - 8th July 2022				
Warm up	Kit	Rest	1	2
FC swim	None	20	250	150
Torpedo Kick > < FC	Fins	10	2x50	50
6-1-6 (6 kicks on your side, then 1 stroke, then 6 kick on side etc) > < FC	Fins	10	100	50
Pull buoy swim	Pull buoy		100	100
Build Set				
100's - Each one a little faster than before but not max effort	No kit	10	4x100	4x50
Main Set (repeat x 4 (set 1) or x 3 (set 2) with the recovery set below in between)				

<b>(PFQ = Pretty Flippin Quick, or replace the F with a word of your choice)</b>				
PFQ FC Swim	No kit	10	2x100	2x100
PFQ	No kit	20	2x75	2x75
PFQ	No kit	30	2x50	2x50
PFQ	No kit	30	2x25	2x25
Deep Water Start PFFQ (fast arms hard legs)	No kit	30	2x12.5	2x12.5
<b>1 ) Swim 2) Pull buoy Optional 3) Fins optional 4) Swim</b>				
<b>Add in the reducing recovery block as own choice kit</b>				
Recovery 1	Choice	60	400	250
Recovery 2	Choice	60	300	200
Recovery 3	Choice	60	200	150
Recovery 4	Choice	60	100	100
<b>Session Totals</b>			<b>4150</b>	<b>2900</b>