



Session Name: Get Back To It

After a layoff from the pool we have found that the first thing to go in a swimmers stroke is their balance and alignment, this was true after lockdown 1 and also has been proven to be true in our sessions so far as we return to the pool from lockdown 2.

This “Back To Pool” session is going to ease you back into your pool swimming and work on your balance, alignment and rotation.

It is important to take this session easy and at your own pace, don't go back into the pool all guns blazing and do too much too soon. We have not defined set rest periods in this session, but try to take no more than 30 seconds max rest, and always a minimum of 10 seconds rest. We will leave this down to you, just get in and enjoy the water :)

This session is loosely based around parts of our Wednesday Evening Pure Technique Session held at the Link Centre in Swindon, Wiltshire. This was our squad's first session back.

[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 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

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.

- 5x50m or 4x50m - Just Swim, easy swimming to get your feel for the session
- 3x100 or 2x100 - PULL BUOY Swim, Use a bilateral breathing pattern
- 3x50m or 2x50m - Swim Breathing to your Weakest side out, strongest side back.

Notes:

Main Set

Get Your Balance

We are going to start things off by working your balance and rotation in the stroke. Imagine you are swimming with a broomstick stapled all the way down your spine. You want the feeling of rotating around this broomstick, shoulders and hips flowing in a nice smooth pattern.

- 100m or 50m - FINS Torpedo / Streamline Kick out, Front crawl back - Here we are looking to feel that extended core engagement
- 100m or 50m - FINS Kick on Side out, Front crawl back (left arm extended forwards). Hold a nice stable arm position at the front of the stroke. Remember middle finger inline with the shoulder and fingertips lower than the wrist, wrist lower than the elbow.
- 100m or 50m - FINS Kick on Side out, Front crawl back (as above but with the right arm extended forwards)
- 200m or 100m - FINS 6-3-6. Perform the kick on side drill for 6 kicks or a count of 6 and then take 3 strokes. Breathe after the third stroke and go back onto your side and repeat. Get a feel for how and where your hand is entering the water and ensuring you maintain good alignment.
- 200m or 100m FINS Front Crawl Swim . Use a light leg kick, the fins are there simply to give you a little more drive so you can focus on the hand entry, positioning of the arm on entry and rotation. This should be swun VERY easy and focusing on technique.

THEN

4x100m or 8x50m Technique focused swim as:

1. Front Crawl Swim breathing every 3rd or 5th Stroke
2. Front Crawl Swim with a paddle on the left hand, only breathing to the right (aim for every 4th stroke)
3. Front Crawl Swim with a paddle on the right hand, only breathing to the right (aim for every 4th stroke)
4. Pull buoy and Paddles Swim mixing your breathing patterns

THEN

Optional 4, 6 or 8 x25m swum at 70-80% max effort with short bursts of speed to the wall. Do not go too hard on this.

IF YOU WANT A LONGER SESSION

We recommend a nice easy session with limited distance / time for your first session back, but fully understand that some swimmers are more developed than others and may want more. If that's you then repeat the 'Get Your Balance' section again. See if your balance, alignment and rotation feels any better

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.