



Session Name: Hold On To It

This session focuses on both holding a good rhythm and an even pace. We will be working and mixing different distances (moving up and down) and trying our best to hold on to both our stroke rhythm and holding pace (in our bigger swim).

Ideally you will be swimming with a Finis Tempo trainer, if you don't have one of these they are well worth investing in (see <https://southwestswim.co.uk/store-menu/finis/finis-tempo-trainer-pro-2> or Squad swimmer purchase at your squad price within the booking system, or App)

The session can work at two levels of pacing:

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

We will also be working at a stroke rate on MODE 3 of the tempo Trainer, which you can tweak during the session. Your stroke rate may be something you have had captured by your coach (measured in strokes per minute) or you may have a figure on your Garmin or tracking watch (if using these figures you need to double it as these are usually a stroke cycle).

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>

If you want to capture your stroke rate have a read of <http://previous.swimsmooth.com/rampstest.html>

This session has been tailored from a session we delivered to our Friday morning squad on the 16th 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 ONE option for this session today, please tweak the distances as needed for your own fitness or time. For example, for a shorter session only work up to 200 or 250m marks.

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/9Xgq800yC2U>

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:

- Fins
- Finis Pull Buoy or Finis Axis Buoy

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

Session Warm Up

There is no in water warm up today as we are going straight off of entry, as you would do in race conditions. Please ensure you do 5-10mins or poolside warm up of light dynamic stretching or bands movements.

Notes:

Main Set

This session requires quick changes of kit, ensure you have your kit ready to put on within the stated rest periods

Part 1 - Stroke Rate and Buoy

Set your Finis Tempo Trainer on MODE 3 and enter your stroke rate. Each time the tempo trainer beeps your hand should be entering the water. Let the tempo trainer control your swim. If you feel the stroke rate is too easy, then add 2 Strokes per minute. Too hard, lose 2 strokes per minute. Tweak your rate like this but try and settle on a good rate ASAP and then hold it for the rest of the session

50m Swim

100m Pull buoy Swim

50m Swim

150m Pull buoy Swim

100m Swim

150m Pull buoy swim

200m Swim

150m Pull Buoy Swim

200m Swim

300m Pull Buoy Swim

250m Swim

300m Pull Buoy Swim

Part 2 - Holding CSS +3 Pace OR 90% Effort Level

Swim this part at 85% effort level or at your CSS+3 pace (if you know it, see intro on how to get this calculated)

1 x 400m Swim (or 2x if you are feeling a bit more fruity)

This is also an ideal opportunity to do a 400m time trial to get a baseline figure registered FC Swim - 400m

Part 3 - Stroke Rate and Fins

We come back down our ladder now, but quite quickly. Hold the stroke rate pace which

may feel easier on the Fins and lull you into a false sense of security.

300m Swim

250m Fins

200m Swim

150m Fins

100m Swim

50m Fins

Part 4 - Broken Speed Blasts

Swim the following pattern twice through with only 10 seconds rest between each repeat and 20 seconds rest after the first repeat. Hold on to your strong pacing over the 100m and 200m and then beat the pace in the 50m

100m Swim

200m Swim

50m Swim

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 (200-300m), 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