



Session Name: Kick or Pull, Sink or Swim

NOVEMBER OFFER (EXTENDED TO 15th DEC) - SWIM WITH PURPOSE IN A SWS SQUAD

Join one of our swindon group / squad sessions* for a **FREE** Trial and receive a **30% discount** off your first 5 session session pack when purchased afterwards. Contact Jason at 'swim@southwestswim.co.uk' and we will get you started. Our 30% off offer is our November promotion and is very limited, only whilst packs last.

[View Our New Find Your Swim Thunder Mini Promo](#)



Session Introduction

This week's online session is another fast one, which asks you to swim at CSS+2 all the way through, but with some slightly fast threshold efforts to beat the beeper (tempo trainer), if you are using one of course. If you don't use CSS based work in your sessions (or a tempo trainer for that matter) then you want to aim to swim each long swim block just a touch slower than your 1500m threshold pace, then at or faster than threshold on the 100m efforts.

When swimming this session it may highlight if you are a kicker, or a puller! As we will use pull buoy and paddles and fins, whilst trying to keep the same pace. Are you slower with one bit of kit over the other?

This is a slightly adapted version of our Tuesday session from this week, it really is one where you leave it all in the pool at the end. 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.

Want To Be Coached Regularly By South West Swim? Join a SWS Group session / Squad

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, 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, and our November special offer gives you a cheeky discount when you buy your first 5 session pack afterwards.

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>. Many thanks to all that contribute in this way, it is much appreciated.

Recommended Kit For This Session Plan

Pull Buoy

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

Fins

Centre Snorkel

Session Plan Download Below (4 different distances)

This week's session can be downloaded from the link below. This is a one page version of the session which you can print out and take to the pool, if you enjoy it please feel free to share it with you swim buddies or why not swim it together.

[Click here for a printable one page version of this week's session](#)

We really hope you enjoy this week's session and we always welcome feedback, be it online via our social media pages, via email (swim@southwestswim.co.uk) or social messages.