



## Session Name: MEGAREverseGoldilocks

This week's online session is based around one of our most praised sessions of 2021. A reverse goldilocks session that is a beast of an endurance based session but fulfilling and rewarding once it is done and dusted. Our Christmas Tuesday Squad are swimming this session on Tuesday 28th, bright and early in the morning and we wanted to share it with you so you can also give it a go this week.

This session will use your Finis tempo trainer pro and is set at your CSS pace to really push you. If you are not using CSS or don't have a tempo trainer pro then you are looking to swim these efforts at your 1500m threshold pace, and hitting the same average 100m time on every effort. Your rest is geared either from your tempo trainer, or if not using one from the rest stated in the set (no more, no less to keep it productive)

This session is based on a 90minute time slot, as we have in our morning sessions. There are 4 different distances, feel free to adjust further for time or fitness/experience.

This is going to burn off some of those festive puddings. Enjoy

## 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

For this session we would recommend:

- Finis Freestyler, Agility or ISO Paddles
- Finis Pull Buoy or Finis Axis Buoy
- Fins / Flippers

Swim Training Aids are available to purchase directly from [www.southwestswim.co.uk](http://www.southwestswim.co.uk) or for existing swimmers wishing to collect through your booking system account

## 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**

There is no video for this session today, it is fairly straightforward swimming.

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 (4 different distances)

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

<b>South West Swim Session Plan</b>						
<b>Something For Christmas Week</b>						
MEGA reverse Goldilocks	Kit	Rest	1	2	3	4
Easy Warm up as 100 swim, 100 buoy, 100 swim	Buoy	30	300	300	300	300
Fins Torpedo Kick OR Kick on Side > < FC	Fins	10	5x50	4x50	3x50	2x50
Hard > < Easy	Buoy optional		5x50	4x50	4x50	3x50
Mega Daddy Bear @CSS / Threshold	Tempo Trainer	30 Secs	600	600	600	500
	Tempo Trainer	1 beep or 30 seconds	3x200	3x200	2x200	2x200
Mega Mummy Bear @CSS / Threshold	Tempo Trainer	30 Secs	500	400	400	400
	Tempo Trainer	1 beep or 30 seconds	4x150	4x150	3x150	2x150
Mega Baby Bear @CSS / Threshold	Tempo Trainer	30 Secs	400	300	300	300

	Tempo Trainer	1 beep or 30 seconds	6x100	6x100	6x100	6x100
Goldilocks running (adjust to time as needed) - RM10	Tempo Trainer	Go on B1	10x50	8x50	8x50	6x50
		or 10 seconds				
Own Choice cooldown			200	200	200	200
Easy swim with choice of stroke and/or kit						
<b>Session Total</b>			4800	4400	4000	3550