



## Session Name: Mega REVERSE Goldilocks

### **NOVEMBER OFFER - 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](mailto: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 a mammoth endurance and pacing control session, with your aim is to hold the same pacing all the way through the three big endurance blocks. It is based on the famous 'Goldilocks' Swim Smooth session, but we have turned it on its head and made it longer and harder.

If you are using CSS based training then you want to work at CSS+2 today with your tempo trainer. If you are not using CSS pacing then keep your efforts at around a 60% effort level (if you were to mark your threshold pace over a mile at around 65%-70% effort) and keep your per 100m pacing as close as possible. You will notice a static rest of 30 seconds between the big swims and a reducing rest between the smaller repeating efforts. Take a maximum of 60 seconds between blocks, the shorter the rest here the more challenging you can make the session.

This is a TOUGH session, both physically and mentally but the feeling once you have completed is amazing. This week I have written FOUR variations of the session so swimmers from all different levels can tackle it to the best of their abilities. And remember, as with all our released session plans, feel free to adjust effort levels, CSS times, distances and number of blocks performed to suit your training schedule, fitness and available pool time.

This session was enjoyed by our Thursday squad this week, but has been delivered numerous times in the past as it is a squad favourite. If you want to join us in person then please get in contact and see our offer for November at the start of this document.

## See The Video Introduction For This Session

**See Head Coach Jason's Introduction to this session plan.**

No video today as the session is quite straightforward, but please feel free to mail us at [swim@southwestswim.co.uk](mailto:swim@southwestswim.co.uk) for direction if needed.

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.

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

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  
Centre Snorkel

## Session Plan (2 different distances)

The session is below, but It's hard to fit the session plan in this document (and make it readable) so please [Click here for a printable one page version of this week's session](#)

South West Swim Session Plan						
Something For The Weekend Session 18th November						
MEGA reverse Goldilocks	Kit	Rest	Set 1	Set 2	Set 3	Set 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	3x50	2x50	2x50	2x50
Hard > < Easy @RM10 (or take 10 seconds rest)	Fins Optional	Go on B1 or 10 Sec	5x50	4x50	3x50	2x50
Mega Daddy Bear @CSS+2 (or maintain 60% effort)	Tempo Trainer	30 Secs	600	500	400	400
(The big Daddy sized swim)	Tempo Trainer	20 secs	3x200	3x200	3x150	2x100

		60 secs max				
Mega Mummy Bear @CSS+2 (or maintain 60% effort)	Tempo Trainer	30 Secs	500	400	300	300
(The middle Mummy Sized swim)	Tempo Trainer	15 secs	4x150	3x150	2x150	2x100
		60 secs max				
Mega Baby Bear @CSS+2 (or maintain 60% effort)	Tempo Trainer	10 secs	400	300	200	200
(the smallest of the family Baby bear sized swim)	Tempo Trainer	10 secs	5x100	4x100	2x100	2x100
		60 secs max				
Goldilocks running Fast efforts - RM10 or 10 Sec rest	Tempo Trainer	Go on B1	8x50	5x50	4x50	4x50
<b>To perform a shorter set do do not perform this section</b>		or 10 Sec				
Own Choice cooldown - Easy swim or drills	Own Choice		200	200	200	200

<b>Session Total</b>			4500	3700	2800	2400
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