



Session Name: (Near) Threshold Pyramid

October Special Offer

Save 20% off of a South West Swim Video Analysis Session or 60 minute 1-to-1 Session that is swum in October 2022. Book your session at <https://southwestswim.co.uk/endlesspoolcoaching> and use code 'RebootMyStroke' at checkout

This week's online session is a variation of our Sunday Squad session from last week. This session will ask you to perform a "pyramid" set with distances increasing to the top of the pyramid, and then coming back down the other side. All our swims are Hard, if you use CSS based training and a tempo trainer we are going at CSS+3. However the session will also direct you to feel the pacing in your swimming by asking you to perform a negative split (last half faster than the first) and even split (same pace through the distance) and a positive split (first half faster than the last half). Please note you are aiming to swim hard all the way through, so there is no "easy then hard".

Between each swim block you will get the opportunity to use some swim toys, still keeping the tempo high and the rest strict, but now we are swimming an easy out, hard and fast back. We start and finish our main block with some fast build sprints to build the heart rate (the opposite on the cooldown at the end i.e. fast to slow).

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.

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>

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

| South West Swim Something For The Weekend Session Plan | | | | |
|--|-----|------|-------|-------|
| 14th October 2022 | | | | |
| | Kit | Rest | Set 1 | Set 2 |
| Warm Up | | | | |

| | | | | |
|---|--|----|-------|-------|
| Swim - Start with an easy swim and build the pace to moderate through the distance | None | 20 | 300 | 200 |
| Torpedo Kick - Make yourself as long as possible and kick from the hip, relaxed knees and ankles | Fins | 20 | 6x25 | 4x25 |
| Fins Swim - Transfer those good leg kick skills into your swim. | Fins | 20 | 150 | 100 |
| | | | | |
| (Near) Threshold pyramid | | | | |
| Sprint it up - start first effort easy and build to a sprint, build the heart rate | None | 30 | 6x25 | 4x25 |
| Hard efforts or CSS+3 - Swim a Negative Split (second 50's faster than the first) | None | 10 | 4x100 | 3x100 |
| Pull Buoy and Paddles as Easy > < Build to Hard on the return lengths | Pull Buoy & Paddles (snorkel optional) | 20 | 2x200 | 2x150 |
| Hard efforts or CSS +3 - Stay with the beeper / swim even splits | None | 10 | 2x300 | 2x200 |
| Fins & Paddles as Easy > < Build to Hard on the return lengths | Fins & Paddles (snorkel optional) | 20 | 2x200 | 2x150 |
| Hard efforts or CSS +3 Positive split (Swim the first 50m fast (ahead of the beeper) and ease off SLIGHTLY for the second 50m | None | 10 | 4x100 | 3x100 |
| Sprint it up - Start the first effort fast and decrease to cooldown pace (the reverse of how we started) | None | 30 | 6x25 | 4x25 |
| | | | | |
| Easy cooldown swim with own choice of stroke and kit | | | 300 | 200 |
| Session Total | | | 3400 | 2400 |

