



Session Name: Olympic Challenge Session

This week's online session is based around a popular session we run, and also used as a test set. Our swimmers dived into this challenge this morning.

The session has multiple aims and can be made a little different every time it is swum. This will test your fitness, speed, pacing, tactical thinking and mental strength.

The aim is to swim through ALL, or as much as possible, of the Olympic Front crawl distances within a 55minute strictly timed swim. There are some strict rules to abide by to make this a fair test each time it is swum. Only a handful of swimmers have managed to squeeze in the entire session (including the bonus round) in the 55 minutes, but many many more are base set heroes.

Want To Be Coached By South West Swim?

South West Swim is based in Swindon and the Cotswolds in the UK and we are the most established open water and pool coaching providers in the Cotswolds. We offer Pool squads, Video analysis and 1-to-1's in our Endless pool and the very best open water sessions you will find.

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.**

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

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 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
We did a little video on facebook whilst this mornings athletes were hard at work in this actual session
[see here](#)

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.



South West Swim Session Name: The South West Swim 55 minute Olympic Challenge

Session Introduction

Focus: Pacing, Tactics, Decision making, Fitness and endurance

Session Rules:

This is a test set, keep within the rules below!

- **Strict 55min set from whistle to whistle**
- **No tempo trainers, this is Self paced**
- **Swimmers work through each of the olympic freestyle distances (in a 33.3 m pool we go as close as, but the swimmers start and finish at the same end of the pool). This is the BASE set.**
- **Swimmers can swim the events in ANY order (regardless of what others are doing in their lane, they don't have to be the swimming the same or using the same kit)**
- **Swimmers must take a minimum of 10 seconds rest between distances, no max but try to encourage a max of 30 seconds.**
- **If a swimmer finishes the BASE set they then move to the bonus set. The Bonus can only be done once a swimmer has completed the individual distances (base set), it cannot be done at any other time.**
- **Bonus round rest period is 5 seconds minimum between 'Legs' (i.e. 4x66m + 66m, 5 seconds rest, 66m, 5 seconds rest for the 4 repeats.**
- **Take distance at the end including completed FULL lengths only (allow leeway if swimmer is 5 m or so from completion of a length). To fully complete the session the swimmer must touch the wall at the end of the last relay swim, no part lengths allowed.**
- **If a swimmer finishes the entire set take their time as a record as this will be their future target to beat**
- **Swimmer has THREE Lifelines; Buoy, Paddles, Fins. These can be used on ANY of the distances**
- **Lifelines can only be used once for the entire session, once an item is used, it can't be used again. Kit can be doubled up but that's both items used in one go**

Main

Straight in and at it - no in water warm up!

2 versions, 33.3 m pool (as we swim it at South West Swim usually) and a 25m Pool version.

Follow rules of the session as detailed above.

33.3m Pool Version (this pool length is where we usually deliver this session). The distance is slightly more than the 25m/50m version	25m Pool Version
BASE Set 1500m (46L) 800m (24L) 400m (12L) 200m (6L) 133m (100m) (4L) 66m (50m) (2L)	BASE SET 1500m (60L) 800m (32L) 400m (16L) 200m (8L) 100m (4L) 50m (2L)
Bonus rounds (ONLY to be started once the BASE set is completed) 4 x 100m (3L) (5 sec rest) 4 x 66m (2L) (5 sec rest)	Bonus rounds (ONLY to be started once the BASE set is completed) 4 x 100m (4x4L) (5 sec rest) 4 x 50m (4x2L) (5 sec rest)

Lifelines can only be used once during the WHOLE session and can be used on any of the distances. Kit can be doubled up (i.e. pull buoy and paddles) but this means both items of kit can't be used again.

Buoy

Paddles

Fins