



Session Name: Open Water Refresh (Pool)

This is an additional “Something for the weekend (or should that be week)” session that we want to send out to you all, as it was particularly good to see the practices on Sunday when we delivered it in our squad session. If you fancied joining us to perform the group / squad version of the session then we will be delivering a version of it on Wednesday evening in our technique session at the Link Centre Swindon. Existing squad swimmers book yourself a place [HERE](#) or if you are new to squad email Jason@southwestswim.co.uk for a FREE trial session. Due to the nature of this session we will be able to accommodate a few more swimmers than usual.

The aim of the session was to recap some key open water skills, namely sighting and drafting / group swimming. If you are performing this session alone in a public session you won't be able to get to grips with group swimming or drafting aspects, well you could but your unsuspecting lane mates and the lifeguard may not like it :). However the prime focus is getting some good core balance and alignment to aid our sighting skills.

If you are doing this session as part of a club session (we have been told of a couple of clubs who use our sessions on occasion, thanks) then

adapt it to your swimmers and get in the group swimming aspects as it makes for a super fun session, and gets some competitive juices flowing in the last swim of the set.

There are 2 different distances for this session, and several parts are done on time rather than distance. Feel free to adjust the sessions further for time constraints or fitness/experience.

If you can't make this wednesday's session but want to join us in person for one of our other squads then contact me at Jason@southwestswim.co.uk. We have FREE TRIAL places available on Wednesdays, Fridays and Sundays as we grow our community of swimmers even further.

Enjoy this session :)

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, 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

For this session we would recommend:

- Finis Tempo trainer Pro (mode 2 set to 2 mins), or Garmin / watch set to notify you at 2 minute intervals (for the warm up swim)
- 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

<https://youtu.be/Vwg9nH0xcFY>

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 (2 different distances)

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

South West Swim Session Plan				
Date: Something For the Weekend Week				
	Kit	Rest	1	2
Warm up			10 mins	6 mins
10 or 6 min continuous swim - upping the pace every 2 mins	Tempo Trainer			
If you have one, use a Tempo trainer set to mode 2 at 2 minutes.				
Pull buoy optional for the second half of the swim (approx)				
Alignment, Balance & Recovery Drills - overall focus on lead arm support for sighting and timing,				
plus high arm recovery over the water arms.				
FINS - Kick on side Left > < Right (alignment)	Fins	10	3x50	50

FINS - 6-1-6 > < 6-3-6 + 2L swim trying different head positions underwater	Fins	10	100	100
FINS - Kick on Side 1/2 L Left, 1/2 L right > < FC 10 strokes swim, 5 strokes water polo drill (eyes low)	Fins	10	3x50	2x50
FC Swim sighting practice - SIGHT AT LEAST 3 TIMES PER LENGTH	None	10	200	100
Fast starts & Drafting (drafting if swimming with others)				
Scull 1 for around 10 metres (no pull buoy), pause in Deep water Start Position			4x50	4x50
HOLD DWS position for 3-5 seconds, then Sprint start to the end				
Easy Swim Back				
<i>TIP: Training with others or in a club? perform this in a group if your pool / lane allows to practice group swimming and drafting</i>				
As above but with no recovery length. Shallow end = Run to around 8 metres and sprint. Deep end = Dive / Jump in			4x25	4x25
Tip: <u>Advanced</u> swimmers, you can make this harder by wearing a T-Shirt to add drag				
10 minute Aussie Exit Swim (if you can) - SIGHTING AT LEAST 3 TIMES PER LENGTH			10 mins	6 mins
We performed this last swim by snaking the lanes in a one way system, starting at the deep end to allow dive/jump				
swimmers swam in one big group, in the same direction per lane and got out to walk back to the start.				
Snaking lanes is an easier set up in a club environment and is likely impossible in a public session				
In a public session with one lane simply perform a 10 minute continuous swim				

Try to avoid tumble turns and big push offs the wall, high pace on lengths 1 and 4) moderate pace on lengths 2 and 3				
Easy Cooldown with any time remaining			200	200