Session Name: Pace Build

This week's online session is based around our Tuesday morning pacing development squad session, which we delivered this week.
The aim of the session was to build our pacing skills, and we also mixed in some break sets of focused swim technique.

This session is based on a 90minute time slot, as all of our morning sessions are 90 minutes long. There are 2 different distances, feel free to adjust them further for time constraints or fitness/experience.

For the best session this set uses a Finis Tempo trainer set to various CSS (Critical Swim Speed) settings based on your individual CSS test results. If you don't have a tempo trainer or know your CSS Threshold pace then we have translated this to % effort. Our Percentage effort is based on 80% being the effort you can hold a continuous swim over 1500m.

If you want to join us in person for one of our squads then contact me at Jason@southwestswim.co.uk. We have trail places available on some sessions 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 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

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 (2 different distances)

([Printable version of this week's session](#))

South West Swim Session Plan					
Something For The Weekend - 11th January 2022					
Warm up	**Kit**	**Rest**	**Set 1**	**Set 2**	
FC swim	None	20	250	150	
Torpedo Kick > < FC	Fins	10	4x50	4x50	
Pull buoy swim	Pull buoy		200	100	
			■	■	
FC Swim CSS+6 (or around 65% effort)	None	20	400	300	
FC Fast as possible	None	10	6x50	3x50	
			■	■	
FC Swim CSS+4 (or around 70% effort)	None	20	2x300	2x250	
Buoy & Paddles Technique focused swim	Buoy & Paddles	10	6x50	3x50	
			■	■	
FC Swim CSS+2 (or around 75% effort)	None	20	3x250	3x200	

Fins Torpedo / Streamline Kick > < FC	Fins (centre snorkel optional)	10	6x50	3x50
FC Swim CSS pace (or around 80% effort)	None	20	4x200	4x150
on each repeat try and lower your time by 0.20				
*on the tempo trainer or push the % effort up a little **				
Decreasing paced 50's (other strokes optional)	Kit optional	10	6x50	4x50
start to cool down, decrease pace each 50				
Additional time? Own choice cooldown	Kit optional		200	100
Session Totals			**4600**	**3100**
*EFFORT LEVELS are calculated based on speed over 1500m distance (as per CSS pace calculation)				