



Session Name: Paddle Sandwich Repeats

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 an arrangement of part of one of our sessions from this week, developed into a technique session of its own right. This session repeats some of the single paddle work we performed in last week's something for the weekend session, so if it feels familiar that is why. These particular "Paddle Sandwich" drills are great for really delivering the feel and positions we are aiming for, practice practice practice.

Through this whole session the underlying technical focus is to keep a nice still and stable head position under the water, no unwanted movement side to side / up or down to disrupt the body's balance. When breathing, focus on rotating into your breathing stroke, as if you are sliding into the breath as your lead hand enters the water.

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 (3 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](#)

	Kit Required	Rest	1	2	3
Warm Up					
FC Swim - starting easy paced and building the speed through the distance.	None		400	300	200
Part 1 - Focus on a stable and still head Position - centre snorkel optional					
Odds 50's Streamline Kick for half a length and into front crawl on each length.	Fins	10	5x50	4x50	2x50
Evens 100's Fins Swim - Focus on long legs and engaged core	Fins		5x100	4x100	2x100
Technical Drills - Focusing on rotation into breathing					

Fins & Paddles	Fins & Paddles	20	100	50	50
Fins & Paddle Left / breathing right	Fins & 1 Paddle	20	100	50	50
Fins & Paddle Right / Breathing Left	Fins & 1 Paddle	20	100	50	50
Fins & Paddles	Fins & Paddles	20	100	50	50
Part 2 - Get some pace variation (perform 1x50 then 1 x 100 and repeat for the number of sets stated)					
Odds 50's As Fast out > < Easy Back		10	5x50	4x50	2x50
Evens 100's As Build Pace each length finishing Fast			5x100	4x100	2x100
Technical Drills - Head still, really focus on slide into the breath					
Buoy & Paddles	Buoy & Paddles	20	100	50	50
Buoy & Paddle Left / breathing right	Buoy & 1 Paddle	20	100	50	50
Buoy & Paddle Right / Breathing Left	Buoy & 1 Paddle	20	100	50	50
Buoy & Paddles	Buoy & Paddles	20	100	50	50
Part 2 - Cooldown Block (perform 1x50 then 1 x 100 and repeat for the number of sets stated)					

Odds 50's As Own choice swim (mix stroke if you wish, or stick to front crawl)	Own choice of Kit	20	3x50	2x50	2x50
Evens 100's Pull buoy and paddles easy			3x100	2x100	2x100
Totals			3150	2200	1500