



Session Name: Patterns and Pace

This week's online session is based around our Wednesday Evening Pure Technique Session, which was delivered this week. The aim of the session was to build our pacing skills, I have changed the session below to focus more around breathing patterns and bilateral breathing development.

This session is tweaked a little from our 60 minute session, and should take around 70-75minutes, but adjust the distances and session as needed to meet your swim time. There are 2 different distances presented.

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 free trial places available on our Wednesday, Friday and Sunday squads.

I hope you enjoy this session plan :)

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)

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

	Kit	Rest	1	2
Warm up				
Warm up swim as (continuous swim, no rest between sections)				
Swim	None		200	100
Kick	None		50	50
Pull	Pull Buoy		200	100
Today's session has very few drills in it. We are looking at pacing and good breathing technique, utilising different breathing patterns throughout the swim.				
Things to try during the session: 1. experiment with different head positions under the water.				
2. Slide into the breath to try and feel the rotated movement with the body, rather than a head turn				
CSS+6 Pace (or 65% effort)				
Buoy & Paddles as:	Pull buoy & Paddles	20	3x100	3x100

1. Breathe Right only				
2. Breathe Left only				
3. Breathe every 3				
Full Swim - breathing cycle of 3/5/7/9 (7 & 9 if you can)	None	20	3x100	2x75
Drill set - Active Recovery				
Scull Combo > < FC	Buoy	10	4x50	2x50
<i>Scull combo works through scull 1, 2 & 3 in order</i>				
<i>perform around 6-8 sweeps of each and repeat</i>				
CSS+3 Pace (or 75% effort)				
Pull Buoy only breathing pattern of 3/2/3/2/3/2	Buoy	20	2x150	2x100
Full Swim - Breathing Bilateral every 3 or 5 strokes	None	20	2x150	2x125
Drill set - Active Recovery				
Fists > < FC	Buoy	10	4x50	2x50
<i>Fists is a drill where you lightly close your hand when swimming. Feel the pull of</i>				
<i>The water with your forearm</i>				
CSS pace Swim (or 80% Effort)				
	None	20	2 x 400	2 x 300
Long Swim at 1500m threshold pace				

Cool down				
Easy own choice with left over time			200	200
Session Total			3050	2100
*EFFORT LEVELS are calculated based on speed over 1500m distance (as per CSS pace calculation)				