Session Name: Pick a drill, any drill

Session Introduction

This week's online session is a Technique endurance session which mixes some longer paced efforts with some drill sections, but then gets you to put the store under pressure with some faster 50's.

This is a slightly adapted version of our Thursday session from this week. There are 3 blocks (or two in version 3) combining repeats of longer paced efforts, a focused drill of your choice, and the slightly faster efforts to put the stroke technique under pressure.

You get to choose which drill you perform, based on the focus of the exercise. See below for some ideas and youtube any drill you are not aware of, there are more drills for each focus but these are examples and productive examples;

Kick Drill Samples / Suggestions	Catch drill Samples / Suggestions	Rotation Drill samples or Suggestions
Torpedo Kick with / without Fins Corpse Kick (adds rotation element too) Kick on Side with Fins Backstroke Kick with / without Fins	Scull 1 Scull 2 Doggy paddle Single arm Drill	6-1-6 6-3-6 Broken Arrow Unco

This session plan uses CSS based pacing scales and RM (Red Mist) turnaround timings. If you know your timings then please use these for the session. If you don't use (or know about) CSS based work then swim to the intensity directions in the session plan itself.

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, and our November special offer gives you a cheeky discount when you buy your first 5 session pack afterwards.
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 (2 different distances)

The session is below for you to see, but It's hard to fit the session plan in this document (and make it readable/printable) so please Click here for a printable one page version of this week's session

South West Swim Session Plan					
Something For The Weekend Session 25th November 2022					
STRAIGHT IN AND AT IT. Use the first swim as a warm up, gradually building effort.	Kit	Rest	Set 1	Set 2	Set 3
CSS+6 Swim (easy, or around 40 threshold effort)	Buoy on set 2	20	3x300	2x200	2x200
1 & 3 (if part of your set) Swim, 2 Optional Buoy	(optional)				
Kick Drill Of YOUR Choice > < FC	Fins	20	4x100	2x100	2x100
RM8 Swim Or hard swim with 10 seconds rest	None	Beep 1 / 10 secs rest	8x50	6x50	6x50
		Max 60 before next			
CSS+4 Swim Moderate or around 50% threshold effort)	Buoy & Paddles	20	3x200	2x200	2x200
1 & 3 (if part of your set) swim, 2 Pull Buoy & Paddles	on set 2				
Catch Drill Of YOUR Choice > < FC	Buoy	20	4x100	2x100	2x100
RM8 Buoy & Paddles Or hard swim with 10 seconds rest	buoy & Paddles	Beep 1 / 10 secs rest	6x50	5x50	5x50
		Max 60 before next			
Css+2 Swim (Near threshold or 60% effort)	Fins on set 2	20	2x200	2x200	0
1 swim, 2 fins (paddles optional)					

Rotation Drill Of YOUR Choice > < FC	Fins	20	4x100	2x100	0
RM8 Fins Swim Or hard swim with 10 seconds rest	Fins	Beep 1 / 10 secs rest	4x50	4x50	0
		Max 60 before next			
Own choice easy cooldown			200	200	200
Session Total			4200	2750	1950