



## Session Name: PowerEndurance

This week's online session is based around our Friday morning session held at Milton Road in Swindon. This session type is our Power and Endurance session. A combination of short fast work and endurance, these challenging sessions build fitness and use many energy systems. They are often a mix of sprint work and some longer pacing based efforts using the Finis tempo Trainers (or perceived % effort if you are not using the tempo trainer). We also occasionally have some additional drag effort such as using t shirts or swim parachutes in these sessions, included in today's session for the advanced swimmers amongst you.

## 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](http://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](mailto: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](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](http://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/djDwprlOKY8>**

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 (3 different distances)

[\(click here for printable version\)](#)

<b>South West Swim Session Plan</b>					
<b>Something For The Weekend Session Friday 12th November 2021</b>					
<b>Warm up</b>	<b>Kit</b>	<b>Rest</b>	<b>1</b>	<b>2</b>	<b>3</b>
FC swim	None	20	300	200	150
Torpedo Kick > < FC	Fins	10	2x50	50	50
6-1-6 > < FC	Fins	10	2x50	50	50
Pull buoy swim	Pull buoy		200	200	150
<b>Block 1 - onesies</b>					
Build over 4 sets, then restart the pattern with 1st and 4th with buoy and paddles	buoy and paddles	10	12x25	8x25	4x25
2nd and 3rd swim					

<b>Block 2 - Twosies</b>					
Build over 3 sets, then restart the pattern with		20	9x50	6x50	3x50
1st being moderate paced					
2nd being pull buoy and paddles	buoy and paddles				
3rd being full on sprint					
<b>Block 3 - Foursies</b>					
Build over two sets, then restart with		30	4x100	4x100	4x100
1st being moderate pace, 2nd being full on sprint					
<b>Block 4 - onesies reprise - the difficult second chapter</b>					
Full on hard efforts all the way through		30	8x25	4x25	4x25
Advanced swimmers only - Add drag and difficulty with t-shirt on the first 4 efforts (or swim parachute)	t-shirt optional				
Easy Pull buoy and paddles Swim		60	300	200	100
<b>Change of speeds Pacing block based on CSS +3</b>					
<b>Set a Finis Tempo trainer on mode 1 to CSS+3.</b>					
<b>if not using a tempo trainer these are 85-90% efforts with bursts of speed</b>					

Swim an even pace to the beep per length		30	400	200	100
Swim to the beep and finish ahead with an effort on the last two		30	300	150	100
Swim to the beep (same pacing as first effort)		30	200	100	100
Stay ahead of the beep		30	100	100	100
Smash the beep - get as far in front as you can 110% effort		30	50	50	
Easy Pull buoy and paddles or own choice cooldown swim			400	200	200
<b>Session Totals</b>			<b>3800</b>	<b>2500</b>	<b>2100</b>