



SOUTH WEST SWIM

Session Name: Race Pattern

Session Introduction

Hi Swimmers, welcome to another FREE session plan from South West Swim.

This week we have a session with a difference which will get you feeling an early season race prep and flow. I have still written 4 versions of the session but you will see that they are all sorted by distance, from 2.3km through to 5km.

This session is an adapted version of this week's Tuesday session, which is our toughest session of the week and designed to really push the swimmers fitness, endurance and pacing capabilities.

You will see we are using tempo trainers for CSS pacings and RM pace set ups, but there is also direction in the session plan based on effort levels. All effort levels should be based on your perception of your 1500m threshold time (which is how CSS is calculated). If you want to get the full benefit of our sessions that use CSS pacing then you can download our CSS Test session [HERE](#).

Importantly there is **NO POOL WARM UP** in this session, as we are treating it like a race / event environment. So ideally you would perform a suitable dryside warm up of dynamic movements and dynamic stretches before starting the session, as you would (should) do before any of your events..

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.

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 No Video Today

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.

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
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>. Many thanks to all that contribute in this way, it is much appreciated.

Session Plan Download Below (4 different distances)

This week's session can be downloaded from the link below. This is a one page version of the session which you can print out and take to the pool, if you enjoy it please feel free to share it with you swim buddies or why not swim it together.

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

Or you can download just the distance you are going to swim

[5km](#) [4km](#) [3.1km](#) [2.3km](#)

We really hope you enjoy this week's session and we always welcome feedback, be it online via our social media pages, via email (swim@southwestswim.co.uk) or social messages.

Recommended Kit For This Session Plan

Pull Buoy
Fins
Paddles