



Session Name: Relentless Swim

Session Introduction

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

This week's session is a nice little number that keeps you moving constantly through the session, being strict on the rest. IT asks you to cycle through three blocks of Easy swim, Sprint, and finally some threshold efforts.

This session is best performed using RED MIST cycles on your Finis tempo trainer, if you can please perform the set as written with these paces to get the very best out of it. If you need to know a bit more about Red Mist pacing then check out [THIS VIDEO](#) from Paul at Swim Smooth.

If you do not know your CSS and subsequently your RM paces then this session can be performed with set rest periods. This will still provide an amazing swim but is less tailored for your individual pacing.

Whichever way you choose to swim it, go be awesome :)

I hope you enjoy the session.

If you want to join us in a squad IN PERSON then please get in contact. We have now expanded our squad structure and can offer you up to SIX superb squad / group sessions for you to choose from in pools in and around Swindon. Contact us to try a squad on a FREE TRIAL session.

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.

Want To Be Coached Regularly By South West Swim? Join a SWS Group session / Squad (FREE TRIALS MAY BE AVAILABLE IN SOME SQUADS)

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>

Swimmer reviews can be found at
https://www.wellnessliving.com/crossfit/swindon/southwestswim/review/?id_mode=12

Session Plan Download Below (4 different Distances)

This week's sessions 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 to download and print the session plan](#)

We have released three different versions / distances for you

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
Centre Snorkel