



Session Name: Roll With It

This week's online session is technique focused and a similar version was based around our Wednesday evening Technique squad, which we delivered this week.

The aim of the session was to get a feel for good body position and balance with a productive leg kick, then bring in a touch of catch work. We utilised torpedo kick drills to start, aiming to get a good stretch through the core (in turn lifting the body). We then added some kick on side based drills to add rotation and core control.

This set is based on a 60 minute session time. delivered in our Wednesday evening pure technique session. There are 2 different distances, feel free to adjust them further for time or fitness/experience.

If you want to join us in person for one of our squads then contact me at Jason@southwestswim.co.uk. We have trail places available on Wednesdays (limited), Fridays and Sundays as we grow our community of swimmers even further.

Enjoy this session :)

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 OUR WEDNESDAY, FRIDAY OR SUNDAY SQUAD SESSIONS AS WE CONTINUE TO GROW OUR COMMUNITY OF SQUAD SWIMMERS.

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

<https://youtu.be/MCF22EOwBgo>

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)

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

Key: > = Out / < = Back / See video for drill descriptions if needed				
Part	Kit	Rest	1	2
Warm up				
FC swim	None	20	200	150
Torpedo Kick > < FC	Fins	10	2x50	50
6-1-6 > < FC	Fins	10	50	50
Pull buoy swim	Pull buoy	60	100	100
Fins Torpedo Kick > < FC Breath every 3 strokes	Fins	20	100	50
Fins Kick On side Left > < FC Breath every 2 or 4 strokes to the Right	Fins	20	100	50
Fins Torpedo Kick > < FC B3	Fins	20	100	50
Fins Kick On side Right > < FC Breath every 2 or 4 strokes to the Left	Fins	20	100	50
Fins 6-1-6 > < FC Breath every 3 strokes	Fins	20	100	50

Fins 6-3-6 > < FC Breath every 5 strokes	Fins	20	100	50
Paddles Recovery swim (focus on tap tap legs)	Paddles	20	200	200
Pull Buoy Scull 1 into Scull 2 > < FC	Buoy	20	4x50	2x50
Pull Buoy and Paddles Build (focus on catch)	Buoy & Paddles	20	200	200
FINS Fast (Powerful legs) > < Easy (Good Catch)	Fins	5	6x50	4x50
Fast Swim (Powerful legs) > < Easy (Good Catch)	None	10	5x50	4x50
Pull Buoy and Paddles Relaxed Swim (bring it all together)		20	200	200
Easy Own Choice Cool Down	choice	finish	300	150
Session Total			2700	1900