



## Session Name: Scull Sandwich

This technique session focuses on getting a feel for a good catch and pull within the swim stroke. To do this we are going to utilise several drills:

- 1) Pull Buoy and Paddles swim
- 2) Kick on Side Drill
- 3) Scull 1 Drill
- 4) Scull 2 Drill
- 5) Scull 3 Drill
- 6) Scull Combo

Some parts of this session plan are the same for all swimmers in distance, other parts have a choice of 3 different distances for your level of swim. Adjust distances to your own ability or time.

[See the video Introduction to this Session](#)

See Head Coach Jason's Introduction to this session plan at  
<https://youtu.be/hCjDrOKplwc>

## Want to Be Coached By South West Swim?

South West Swim are based in Swindon and the Cotswolds in the UK. We pride ourselves on offering the very best in coaching and are 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)

## 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 Floating Fins or Zoomer Gold Z2 Fins
- Finis Freestyler Paddles
- Finis Pull Buoy or Finis Axis Buoy
- Finis Stability Snorkel (Optional)

Swim Training Aids are available to purchase directly from [www.southwestswim.co.uk](http://www.southwestswim.co.uk)

## Warm Up

1. Perform a nice and easy front crawl swim, really feel relaxed in this swim and ensure you are solely focused on breathing out under the water in a smooth and controlled way. Breathe with a breathing pattern of 3-5-7-3-5-7  
Set 1 - 300m  
Set 2 - 250m  
Set 3 - 200m
2. Swim with a pull buoy breathing to your weakest side on the way out, strongest side on the way back. Get into a good flow and rhythm  
Set 1 - 200m  
Set 2 - 150m  
Set 3 - 100m
3. Lets get warm and moving. Swim half a length easy then inject some pace into a fast swim to the end, swim back easy. Take 10 seconds rest and repeat.  
5x50m  
or  
4x50m

Notes:

## Main Set

**Lets make a sandwich! Take 10 seconds rest between reps, 30 seconds rest between 'Layers'.**

**DO NOT RUSH AND RACE THE SWIMS, Make it tasty but technical swimmers :)**

### **Bottom Layer of our scull sandwich**

- 3x50m Pull Buoy and Paddles - Focus on fingertips first entry
- (Fins) 25m Kick On Side Drill Left then 25m Kick on Side Right
- (Pull Buoy) 12.5m Scull 1 into 12.5m Front crawl then 25m Front crawl
- (Pull Buoy) 12.5m Scull 2 into 12.5m Front crawl then 25m Front crawl
- (Pull Buoy) 12.5m Scull 3 into 12.5m Front crawl then 25m Front crawl

- (Pull Buoy) 25m Scull Combo then 25m Front Crawl

### **Now for our filling**

Swim 50m blocks as per below focusing on different aspects of the stroke depending on an ODDS or an EVEN number in the set

**Odds** - Focus on Fingertips first hand entry spearing into the water around 4-6 inches under the surface

**Evens** - Focus on rolling the arm over a little to gain that initial feel (scull1) and then bending the elbow to press water behind you.

Set 1 - 12x50m

Set 2 - 10x50m

Set 3 - 8x50m

(adjust these distances as needed)

### **Top Layer of our scull sandwich**

- (Pull Buoy) 25m Scull Combo then 25m Front Crawl
- (Pull Buoy) 12.5m Scull 3 into 12.5m Front crawl then 25m Front crawl
- (Pull Buoy) 12.5m Scull 2 into 12.5m Front crawl then 25m Front crawl
- (Pull Buoy) 12.5m Scull 1 into 12.5m Front crawl then 25m Front crawl
- (Fins) 25m Kick On Side Drill Left then 25m Kick on Side Right
- 3x50m Pull Buoy and Paddles - Focus on fingertips first entry

Adaption: Do more or less in this main set depending on your time, ability and swim fitness. INcrease rest as required.

## Cool Down

We are all done, just cooldown to finish with 5-10 minutes of own choice easy swim, drills and ow choice of kit.