



## Session Name: Simple 50's

We Are BAck!! Sorry for the lack of something for the weekend sessions recently, once again it's been non stop at SWS HQ.

This week's online session is an Endurance based session, but based on multiple 50's where we want to push you over and below your CSS/1500m threshold pace. Each block of 50's is backed with a recovery set of swim / pull buoy and paddles. Halfway through the set we switch to longer pace based swims. This plan is based on the session we delivered in our Tuesday squad a few weeks ago.

With some simple tweaks and harder efforts you could also use this session as a sprint based session plan.

This set is based on a 90 minute session time for Version 1, or a 60 minute session time for version 2. Of course feel free to adjust the session plan distances, or miss parts out to make it your own and fit to your own session length or ability/fitness/experience level.

This session uses both Red Mist Paces and CSS Paces, if you know your times for these methods use them for the best results and fluidity of

the session. If you do not use CSS based training then swim to the effort levels stated and the rest periods stated for the RM work. RM Blocks should be swum hard, but paced for the total distance.

If you want to join us in person for one of our squads then contact me at [Jason@southwestswim.co.uk](mailto:Jason@southwestswim.co.uk). We have trial 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](http://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](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

**There is no video for this session as it is quite a simple session with very little in the way of drill based swimming.**

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)

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

<b>South West Swim Session Plan</b>				
<b>Something For The Weekend Session 11th March 2022</b>				
<b>Part</b>	<b>Kit</b>	<b>Rest</b>	<b>Version 1</b>	<b>Version 2</b>
<b>Warm up</b>				
Swim	None	30	400	250
Pull Buoy Swim	Pull Buoy	30	200	150
Fins Kick (Front, side, side, Front / Back)	Fins		100	100
<b>RM8 - Mode 2 (or take 10 seconds rest)</b>	Tempo Trainer	Beep1 or 10 secs	10x50	6x50
Recovery (Buoy & Paddles optional)	Buoy & Paddles	60	250	150
<b>RM6 - Mode 2 (or take 8 seconds)</b>	Tempo Trainer	Beep1 or 8 secs	10x50	6x50
Recovery (Buoy & Paddles optional)	Buoy & Paddles	60	250	150

<b>RM4 - Mode 2 (or take 6 seconds rest)</b>	Tempo Trainer	Beep1 or 6 secs	10x50	6x50
Recovery (Buoy & Paddles optional)	Buoy & Paddles	60	250	150
<b>200's at CSS pace (meet the beeper)</b>	Tempo trainer	20	4x200	2x200
if not using CSS pacing swim this at 80% effort				
Recovery (Buoy & Paddles optional)	Buoy & Paddles	60	250	150
<b>100's at CSS pace (meet the beeper)</b>	Tempo trainer	10	4x100	3x100
if not using CSS pacing swim this at 80% effort				
OWN CHOICE COOLDOWN		60	200	200
<b>Session Total</b>			4600	2900