



**Session Name: Simply Fast**

**NOVEMBER OFFER - SWIM WITH PURPOSE IN A SWS SQUAD**

Join one of our swindon group / squad sessions\* for a **FREE Trial** and receive a **30% discount off your first 5 session session pack** when purchased afterwards. Contact Jason at '[swim@southwestswim.co.uk](mailto:swim@southwestswim.co.uk)' and we will get you started. Our 30% off offer is our November promotion and is very limited, only whilst packs last.

[View Our New Find Your Swim Thunder Mini Promo](#)



## Session Introduction

This week's online session is a session getting you swimming fast, with a bit of an extra speed.

You will work through a cooldown, a build set and then a main set with a recovery at the end. The main set is completed three times in total as;

First time, swim

Second time, Pull buoy (optional paddles)

Third time, Fins (optional paddles)

As part of the main set you also have a SUPER SPEEDY half length part. Our swimmers added resistance to these short efforts by wearing a t-shirt and also using swim parachutes or bands. If your pool allows, feel free to use this additional kit too. HOWEVER, do not add additional resistance if you are a novice or you have any injuries.

Each main set block is finished with an own choice recovery swim, before repeating the main block.

This session was enjoyed by our Friday squad this week. If you want to join us in person then please get in contact and see our offer for november at the start of this document.

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.**

No video today as the session is quite straightforward, but please feel free to mail us at [swim@southwestswim.co.uk](mailto:swim@southwestswim.co.uk) for direction if needed.

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](http://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 AS WE HAVE EXPANDED, and our November special offer gives you a cheeky discount when you buy your first 5 session pack afterwards.**

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

Pull Buoy  
Paddles (Finis Freestyler or Agility paddles are best, depending on your stroke development needs)  
Fins  
Centre Snorkel

## Session Plan (2 different distances)

The session is below, but It's hard to fit the session plan in this document (and make it readable) so please [Click here for a printable one page version of this week's session](#)

<b>South West Swim Something For The Weekend Session - Simply Fast</b>				
<b>Date: Friday 24th June 2022</b>				
<b>Warm up</b>	<b>Kit</b>	<b>Rest</b>	<b>Set 1</b>	<b>Set 2</b>
FC Swim		20	300	150
Kick > < FC		20	100	50
Pull buoy swim		20	100	100
6-1-6 > < FC		20	100	50
<b>Build Set</b>				
100's - Each one a little faster than before but not max effort		10	4x100	3x100
<b>Main Set ( the 1st block is all swim. We will repeat this 3</b>				

<b>times with kit, see below)</b>				
All speeds should be hard and fast for the distance at hand (i.e your 100 hard is slower than your 25 hard)	Depending	30	3x100	2x100
PFQ (pretty Flippin Quick)	on	20	3x50	2x50
PFQ	repeat	10	4x25	2x25
Super Fast Speedy efforts, swim as fast as you can go (fast arms hard legs) for 12.5 m the return / swim on to the pool end		30-60	4x12.5	4x12.5
In our squad session swimmer wore t-shirts for these short 12.5m efforts, we also used swim parachutes or ankle bands				
If you want an additional challenge and you can wear a t-shirt or have parachutes/bands then please try it				
<b>DO NOT USE EXTRA RESISTANCE IF YOU ARE A NOVICE OR INJURED IN ANY WAY!</b>				
Own Choice Recovery swim (on last effort use as your cooldown)	own choice		300	200
<b>Repeat all of the main set 2 more times. the first time with a pull buoy , the second time with Fins. Paddles are</b>				

optional on both.				
Don't use Pull buoy or Fins on the super fast half lengths, and own choice swim / kit on the recovery swimkit on the Super fast 12.5m apart from				
<b>Session Totals</b>			<b>3100</b>	<b>2050</b>