



Session Name: Sprinty McSprint Face

This week's online session is based loosely around our Friday morning Power & Endurance Session which we delivered this week at Milton Road Health Hydro. This Session consists of our standard technical warm up and then has a nice build section, followed by a mix of short distance swims, your aim is to swim these as fast as possible as per the session instructions. There are lots of changes of pace to keep you tuned into that sprint Vs Endurance pacing.

For those who know their CSS pace, dust off your Finis tempo Trainers as we will be using this towards the end of the session. If you don't have a tempo trainer don't worry, see the next couple of paragraphs. This plan is a 90 minute session and I have given two distance options, but feel free to adjust to your fitness level and time available in the pool. This session can be swum by anybody with a few tweaks on the distances if needed for fitness and time.

Now, If you just read that opening paragraph and thought "what is the coach going on with this talk CSS and tempo thingys" don't worry. Just swim the session at a good solid effort as described in the session plan and try to ensure your pacing is the same for each effort.

If you saw the CSS paces mentioned and got a little excited as you know all about them then get going and set your Finis Tempo Trainers to CSS+3 (mode 1) paces. Our squads get to learn all about these pacing methods which are / can be tailored to each individual swimmer to the second (or points of a second if we are being really picky).

This session should flow nice and easily and I have broken it down into different blocks. Feel free to shorten it by only doing less blocks and even Pick 'n' mix it and make your own session from it.

IMPORTANT: This session has a T-shirt part, which of course is optional as you may not be able to use the t-shirt in a public session. The point of wearing a t-shirt in this swim is to add drag and resistance. **If you have ANY SHOULDER injuries or are recovering from any injuries please do not use a t-shirt. Also do not use it if you are a beginner.**

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 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, 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.
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
- Finis Tempo Trainer

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 at

This is a simple session this week so there is no video introduction.

Session Plan (2 different distances)

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

South West Swim Session Plan (See link above for a printable version)				
Date: Friday 8th October 2021 (Something For the Weekend Version)				
Something For the Weekend Session - Sprinty McSprint Face, South West Swim	Kit	Rest	1	2
Warm Up				
FC Swim Easy Effort	None	20	200	150
FINS Torpedo Kick out > < Front Crawl or own choice back	FINS	20	2x50	2x50
FINS 6-1-6 out > < Front Crawl or own choice back	FINS	20	2x50	50
Pull Buoy Swim - Build the pace through the swim	Pull buoy	20	200	150
Build the pace, rev that engine (brmm brmm)				
FINS Swim Easy > < Gradually build speed upto a sprint to the wall	Fins + Centre Snorkel	20	8x50	6x50

Speedy Changes - Swim HARD (long rest and active recovery indicates this is a Super hard swim effort)				
FC as half length as fast as humanly possible with strong push off	None	30	10x50	6x50
Half length gradually decreasing swim pace > < return as own choice stroke, easy effort				
Building Pace Changer				
Pull buoy and paddles build to a fast effort at the 200m (or 150m) mark, then decrease back down to easy	Pull buoy & Paddles	60	400	300
Dead Pace Speed (t-shirt optional to create extra drag and resistance, see notes in set description)				
Full length hard sprint - T-shirt starting from a dead scull / Deep water start, walk back	T-shirt	Walk back or 60 seconds	6x25	4x25
Full length hard sprint - No T-shirt starting from a dead scull / Deep water start, walk back	None	Walk back or 60 seconds	6x25	4x25
5 with shirt on, last 5 without. Feel the freedom & speed				
Easy FC recovery swim - easy effort	Buoy & paddles optional		200	200
Building 100"s with Fins (easy, moderate, sprint finish)	Tempo Trainer set to CSS + 3	30	6x100	4x10

if using a tempo trainer get behind on the first length, get even on the second and beat the beep	Fins			
back to the wall on the third				
If you're not using a tempo trainer then these are swum easy, moderate and fast			600	400
Own Choice swim to cool down (adjust as needed)			400	200
Session Totals			3400	2350