



Session Name: Sting In The Tail

This week's online session is based around our Thursday Morning Technique Endurance session held at The Link Centre in Swindon this week. This session is a combination of Longer technique focused swimming using our swim toys for focus, and finishes with a fast block of 200's at threshold pace (CSS pace if you are using this). During the technique aspects of this session our primary focus is our breathing action try to:

- 1) Rotate into the breath smoothly
- 2) have minimal head movement, the breathing action should flow with your stroke rotation
- 3) aim to keep one goggle in the water if you can, breathing into the bow wave that will be created.

This session will use your Finis tempo trainer pro and is set at your CSS pace to really push you. If you are not using CSS or don't have a tempo trainer pro then hit the 200m swims at max effort for the distance and keep the repeat times as close as possible. If it's feeling easy, push on and beat your beeper.

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 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

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

There is no video for this session today, it is fairly straightforward 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)

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

South West Swim Session Plan				
Date: Something For The Weekend 10-12-2021				
Warm up	Kit	Rest	Set 1	Set 2
FC swim	None	20	300	200
Torpedo Kick > < FC	Fins	10	2x50	2x50
6-1-6 > < FC	Fins	10	2x50	50
Pull buoy swim	Pull buoy		200	100
Main set				
Front crawl technique focused swim	Optional Buoy, Paddles or fins	20	400	300
Breathing focus B4 Left	none	20	200	100
Breathing focus B4 right	none	20	200	100
FC build - faster each 50m block	none	10	10x50	6x50

(hold form as it gets faster)				
Pull buoy and paddles	buoy and paddles	20	200	200
FC Swim	none	20	200	200
Pull buoy and paddles	buoy and paddles	20	200	200
Breathing focus B4 Left - Paddle on the right hand only	Fins and 1 Paddle	20	200	100
Breathing focus B4 right - Paddle on the left hand only	Fins and 1 Paddle	20	200	100
Tempo Work at CSS pace or full pace 200m efforts	Tempo Trainer	20	6x200	4x200
Finish with a sting in the tail, meeting your beep?				
Try and push it further as you work through.				
Own Choice Cooldown swim	Own choice of kit /stroke		400	200
Session Totals			4600	3050