



Session Name: Super Drills Mix

This week's online session is based loosely around our Wednesday evening pure Technique Endurance Session, which we delivered this week at the Link Centre in Swindon. This Session consists of our standard technical warm up and then has a variety of drills looking at catch development and a good alignment and extension in the stroke.

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

<https://youtu.be/3zoX9Vb8TiE>

(this is a copy of the pre session video sent to our squad)

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)

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

	Kit	Rest	1	4
Warm up				
FC swim	None	20	200	150
Torpedo Kick > < FC	Fins	10	2x50	50
6-1-6 > < FC	Fins	10	50	50
Pull buoy swim	Pull buoy	60	100	50
FC swim - 100% effort - reducing rest	None	30	50	50
Keep rest strict, aim for the same time each repeat	None	25	50	50
don't back off, full effort	None	20	50	50
	None	15	50	50
	None	10	50	50
Pull buoy and paddles - Breathe every 3	Buoy and paddles	30	300	150

Repeating sets of :				
odds = 25m Scull1 into Doggy paddle + 50m Buoy FC Build	Buoy	15	6x75	4x75
Evens = 25m Scull 2 into scull 3 + 50m Buoy FC Build	Buoy	15		
Pull buoy and paddles - Breathe a pattern of 3-2-3-2 etc	Buoy and paddles		300	150
		30		
Fins Kick on side L > < R		15	50	50
Fins 6-1-6 > < FC		15	50	50
Fins doggy paddle extension > < Fc		15	50	50
Fins FC		15	50	50
Pull buoy and paddles -Breathe weakest side out > < Strongest back	Buoy and paddles	30	300	150
Easy Cool down Swim with any remaining time			200	150
Session Total			2550	1750