



Session Name: Tech Mixer

This week's online session is based around our Thursday Morning Endurance Technique Session, which we delivered this week. The aim of the session was to Feel different paces within our swimming and mixing in some great catch and pull development with drills and kit use.

There are 2 different distances in this week's plan. Remember to feel free to adjust them further for time constraints or fitness/experience.

If you want to join us in person for one of our squads then contact me at Jason@southwestswim.co.uk. We have trail places available on some sessions 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, 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/CkcJeDWBF-k>

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)

[\(Printable version of this week's session\)](#)

| Something For the Weekend Session 1st April 2022 | | | | |
|--|----------------|------|-------|-------|
| Warm up | Kit | Rest | 1 | 2 |
| | | | | |
| FC swim - Building pace as you go | None | 20 | 250 | 150 |
| Torpedo Kick > < FC | Fins | 10 | 2x50 | 50 |
| Pull buoy swim | Pull buoy | 60 | 100 | 100 |
| | | | | |
| Main Set | | | | |
| FC Swim (Build efforts through the swim set repeats to sprint) | None | 10 | 8x50 | 4x50 |
| Kit Tech - 1 & 3 Swim, 2 Pull buoy and paddles | Buoy & paddles | 20 | 3x100 | 3x100 |
| | | | | |
| Drills Block | | | | |
| Fins - Scull 1 into Doggy Paddle > < FC | Fins | 20 | 4x50 | 3x50 |
| Fins & Paddles | Fins & Paddles | 60 | 200 | 100 |

| | | | | |
|--|---------------------|----|-------------|-------------|
| | | | | |
| FC Swim (Build efforts through the swim set repeats to sprint) | one | 10 | 6x50 | 3x50 |
| Kit Tech - 1 & 3 Swim, 2 Pull buoy and paddles | Pull buoy & Paddles | 20 | 3x100 | 2x100 |
| | | | | |
| Drills Block 2 | | | | |
| Scull 1 into Scull 2 > < FC | Buoy | 20 | 4x50 | 3x50 |
| Buoy & Paddles | Buoy & Paddles | 60 | 200 | 100 |
| | | | | |
| FC Swim (Build efforts through the swim set repeats to sprint) | None | 5 | 4x50 | 2x50 |
| Kit Tech - 1 & 3 Fins Swim, 3 Fins & Paddles | Fins & Paddles | 10 | 3x100 | 2x100 |
| | | | | |
| Easy Cool down swim to finish - own choice distance | Own Choice Kit | | | |
| Session Totals | | | 3150 | 1950 |