



Session Name: Tech Split

This week's online session is based around our Wednesday Evening Pure Technique session.

The aim of the session was to isolate each side of the body and feel good rotation and breathing timing / rotation. Single paddle work is an amazing way to learn to "feel" what the lead arm is doing when taking a breath. Learn to feel your hand entry lead the rotation and breathing action. Focus on no dramatic head movements, your head should slide into the breathing with your body movement.

If you want to join us in person for one of our squads then contact me at Jason@southwestswim.co.uk. We have trial 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:

Pull Buoy, Paddles (Finis Freestyler would be awesome), Fins, Centre Snirkel, Finis Tempo Trainer

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
No Video For Today's Session**

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 \(2 different distances\)](#)

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

South West Swim Session Plan

Something For the Weekend 1 - Technique Session

Warm up	Kit	Rest	Set 1	Set 2
FC Swim Build from easy to fast	None		250	150
buld your pace each length				
Kick - Pull - Swim - Technique Block 1				
Torpedo Kick	FINS (opt snorkel)	10	6x25	2x25
Pull Buoy & Paddles	BUOY & PADDLES	20	100	50
FC Swim Long and Easy - Focus on good technique and even pacing	None	30	300	200
RM8 or hard swim with 15 seconds rest	Tempo Trainer	Beep 1 or 15 seconds	8x50	4x50
Kick - Pull - Swim - Technique Block 2				
Kick on Side - Left Arm extended	FINS	10	6x25	2x25
Pull buoy and single Paddle - Paddle on the left hand, only Breathing Right	BUOY AND 1 PADDLE	20	100	50
Fins Swim Long and Easy - Focus on good Kick technique	Fins	30	250	150
RM6 or hard swims with 10 seconds rest	Tempo Trainer	Beep 1 or 10 seconds	8x50	4x50

Kick - Pull - Swim - Technique Block 3				
Kick on Side Drill - Right Arm extended	FINS	10	6x25	2x25
Pull buoy and single Paddle - Paddle on the Right hand, only Breathing left	BUOY AND 1 PADDLE	20	100	50
FC Swim Long and Easy - Focus on good technique and even pacing	TEMPO	30	200	150
RM4 or hard swims with 5 seconds Rest	TEMPO	Beep 1 or 10 seconds	8x50	4x50
Easy own choice cooldown	Own choice kit		250	150
Session Totals			3200	1700