



Session Name: Top & Tails Technique

Happy new year!

This week's online session is based around our Wednesday evening Technique squad, which we delivered this week.

The aim of the session was to be a simple recap on our technique, focusing on Kick & body position, and some catch and [ull work. Drills were kept to a minimum in this session so it is nice and simple, but with kit use of Fins, Pull buoy and Paddles.

This session is based on a 60minute time slot, as delivered in our Wednesday evening pure technique session. There are 2 different distances, feel free to adjust them further for time 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

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)

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

Date: Wednesday 5th January 2022				
	Kit	Rest	1	2
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		100	50
Main Set				
Catch & Pull 50's - Odds Swim, Evens Pull buoy and Paddles		10	8x50	6x50

Pull buoy (1L), Kick (1L), Swim (1L)	Buoy	20	6x75	4x75
Easy FC Swim focusing on hand entry and catch/pull	None	20	200	150
FINS Torpedo Kick into Swim building speed through the length	Fins	20	8x25	6x25
Easy FC Swim focusing on legs and core engagement	None	20	200	150
Kick it 50's - Fins	FINS	10	8x50	6x50
Centre Snorkel optional. Start easy and build leg speed through the 50m, hit the wall with power (i.e. full sprint at the end of the 50m).	Centre snorkel optional			
Own choice cooldown swim			300	200
Session Total			2600	1850