



Session Name: Align, Align, Align

This week's online session is based around our Thursday morning Endurance Technique session, a session type that gets you focusing on some key technical areas of the stroke, whilst still maintaining a relatively good distance set. We finish this one with an interesting block of 200's where we start fast and get slower.

The aim of the whole session is to find that alignment in the lead arm when breathing. When we swim we should be aiming to keep the middle finger inline with the shoulder as the hand enters and as it reaches forward. Failure to do so can result in a crossover or a wide entry, which will knock your body off balance. If this occurs other aspects of your stroke will also suffer, for example your catch set up or rotation.

I hope you 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 buoys, Paddles & Fins, Tempo Trainer if doing CSS based work.

Kit Available from our store at www.southwestswim.co.uk

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/tl_p900ngL8

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)

(<https://southwestswim.co.uk/wp-content/uploads/SFTW-24062022-printable.pdf>)

South West Swim				
Something For The Weekend Session Plan 24th June 2022				
Warm Up	Kit	Rest	1	2
FC swim	None	20	250	150
Kick		10	50	50
Pull buoy Swim		10	150	100
Kick			50	50
Main set				
Front crawl technique focused swim - easy swim to get the feel of your stroke	Optional Buoy, Paddles or fins	20	200	100
Breathing focus Breathing every 4 to the LEFT SIDE only	Buoy optional	20	200	100
Breathing focus Breathing every 4 to the RIGHT SIDE only	Buoy optional	20	200	100

FC build - faster each 50m block - Hold form as you build speed	none	10	10x50	6x50
Pull buoy and paddles - aim for great technique, lead arm always aligned	buoy and paddles	20	200	100
FC Swim - Tune into your stroke and try to feel any faults with the lead arm	none	20	200	100
Pull buoy and paddles - focus in and tune up those faults felt	buoy and paddles	20	200	100
Breathing focus Breathing every 4 to the LEFT - Wear a paddle on the right	Fins or buoy and 1 Paddle	20	200	100
Breathing focus Breathing every 4 to the RIGHT - Wear a paddle on the right	Fins and 1 Paddle	20	200	100
Endurance block: Speed Vs Technical Focus	Tempo trainer	20	6x200	4x20 0
OPTION 1:	set to mode 1			
Start at CSS pace and ADD .50 after each repeat	CSS pace			
(equal to 1 second per 100m slower)	or			
OPTON 2: If not using CSS or tempo swim the first 200 hard	Go by feel / clock time			
and then REDUCE effort focusing on technique				
Try to feel the difference in your stroke from fast vs Focused				
Technical Cooldown to finish - mix of swim / stroke and own choice of kit			400	200

Session Totals			4200	2450
-----------------------	--	--	-------------	-------------