



## Session Name: Can You Kick It?

This week's online session is based loosely around our Thursday morning 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 Long drop set with different focus, reducing distance and reducing rest. We then get down and dirty with our kick, focusing on easy and hard efforts with a sharp attention to technique at all times (kicking from the hip with a long relaxed leg, NOT kicking from the knee).

This week we are not using tempo trainers as standard, but you may use your if you wish on either stroke rate mode or C<sub>ss</sub> Mode (use your actual C<sub>SS</sub> pace)

## 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 and are 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](http://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](mailto: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](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
- Finis Tempo Trainer

Swim Training Aids are available to purchase directly from [www.southwestswim.co.uk](http://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 at**

<https://youtu.be/VovQYjzEw9Q>

## Session Plan (2 different distances)

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

<b>Warm up</b>	<b>Kit</b>	<b>Rest</b>	<b>1</b>	<b>2</b>
FC swim	None	20	250	150
Torpedo Kick > < FC	Fins	20	2x50	50
6-1-6 > < FC	Fins	20	100	50
Pull buoy swim	Pull buoy		100	100
<b>MAIN SET</b>				
<b>Dropping the distances, changing the focus, dropping 5 the rest</b>				
FC Swim	None	40	500	300
Pull buoy and paddles	Buoy & Paddles	30	400	250
FC Swim breathing to the weakest side	None	20	300	200
6-1-6 > < Fins FC back Building pace	Fins	10	200	150
FC Swim PFQ (Pretty Flippin Quick)	Fins	5	4x50	4x50
<b>Can you Kick It? - strict recovery between reps, 30 seconds between blocks</b>				

Torpedo Kick both ways (easy > < Hard)	Fins & Snorkels	10	2x50	50
<b>HARD EFFORTS</b> - Torpedo Kick No Fins	Snorkel	10	4x25	4x25
<b>HARD EFFORTS</b> Torpedo kick INTO moderate paced Swim	Fins & Snorkel	10	3x100	2x100
FC Swim focusing on great leg kick	None	10	2x200	2x100
<b>Set 1 Repeat above, add kick on side to the first drill</b>		60 seconds		
<b>Set 2 Follow on to the section below</b>				
<b>Long and decreasing (Hard effort, moderate, Easy)</b>	Pull buoy & Paddles optional	10 seconds	3x200	3x100
own choice stroke / kit cooldown			200	200
<b>Session Totals</b>			<b>4750</b>	<b>2500</b>