



Session Name: Oh Balls (or Fisty Cuffs)

This week's online session is based around our Friday morning power and endurance session, although we can also change this into a pure technique based session.

The aim of the session was to feel the positions in the catch and pull. By performing the session as a sprint session you are putting the stroke under constant pressure, by performing the session as a technique session you are searching for the positions and feel for the water. Try swimming it both ways.

If you have two tennis balls then pop[them in your swim bag and use them for the session, if not just perform the fists drill. This is where we swim normally (in our session with a pull buoy) and simply close the hands. If using a ball you just hold the ball, simple :).

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:
No kit is needed for this session today.

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/Zr5q2W1Kl4o>

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 17-04-2022				
Warm Up	Kit	Rest	1	2
Swim - Kick - Pull (No Fins, continuous swims with fast kit dumping)	Mixed	20	4x100	3x100
Build Swim (building the speed over the 50m, finish FAST)	None	10	5x50	3x50
Scull 1 into Scull 2 (see video for drills) - these are important drills to set up today's session	Pull buoy	10	4x25	4x25
Block 1 - Focus on entering hand fingertips first in front of the head				
hand entry should not be close to the head, but also not totally extended. Slide into the water.				
Pull buoy as ; odds swim, evens balls or fists	Buoy & Balls	10	6x50	4x50
Buoy and paddles easy - really get to feel the catch and pull	Buoy and paddles	60	250	200
OPTIONAL - Fins 10 strokes super fast, 10 strokes easy repeats	fins	30	8x25	6x25
Block 2 Exactly as above but Focus on entering hand position under the water				
Hand should Spear or slide into the water so that fingertips are lower than the wrist				

Wrist is lower than the elbow. usually around 6-8 inches below the surface				
Search for your 'Biting point'				
Pull buoy as ; odds swim, evens balls or fists	Buoy & Balls	10	6x50	4x50
Buoy and paddles easy - really get to feel the catch and pull	Buoy and paddles	60	250	200
OPTIONAL - Fins 10 strokes super fast, 10 strokes easy repeats	fins	30	8x25	6x25
Block 3 - Exactly as above but focusing on pulling water with the forearm. Think scull 2 position				
Using balls or fists you would have been doing this all session, but really get to "grips"				
with this feeling in this block. If you slip doing balls/fists, you wont move very well.				
Pull buoy as ; odds swim, evens balls or fists	Buoy & Balls	10	6x50	4x50
Buoy and paddles easy - really get to feel the catch and pull	Buoy and paddles	60	250	200
OPTIONAL - Fins 10 strokes super fast, 10 strokes easy repeats	fins	30	8x25	6x25
Cooldown Swim as				

Easy Swim			200	100
Easy Pull buoy and paddles	buoy and paddles		150	100
Easy Pull buoy only	buoy		100	100
Session Totals			3450	2500