



Session Name: See the RED mist

This week's online session is based on a little red mist session we delivered in Tuesday squad this week. This is a tough set swum with a tempo trainer at both RM paces and CSS+4 pace, if you don't have a tempo trainer don't worry, see the next couple of paragraphs. This plan is a 90 minute session and I have given two distance options, but feel free to adjust to your fitness level and time available in the pool. This session can be swum by anybody with a few tweaks on the distances.

Now, If you just read that opening paragraph and thought "what is the coach going on with this talk of RM and CSS and tempo thingys" don't worry. Just swim the session at a good solid effort of around 85-90% and try to ensure your pacing is the same for each effort. Take the rest as prescribed in the session (increase rest if needed for your fitness level, but keep every rest period the same)

If you saw the RM and CSS paces mentioned and got a little excited as you know all about them then get going and set your Finis Tempo Trainers to your RM (mode 2) and CSS+4 (mode 1) paces. Remember to adjust them as per the session plan so you get a little faster / less rest as the session builds. Our squads get to learn all about these pacing methods which are / can be tailored to each individual swimmer to the second (or points of a second if we are being really picky)..

This session is a tough one, no doubt about it and builds you through various distance repeats, increasing the distances block by block. Try to keep the time cycle going and don't gain extra rest than the set says. Really push yourself, push yourself so you see the red mist come down and thorough that mental "cant do this" state.

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, 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
- Finis Tempo Trainer

Swim Training Aids are available to purchase directly from www.southwestswim.co.uk

Session Plan (4 different distances)

Part	Kit	Rest	1	4
Warm up				
FC swim Build (start easy and build the pace) 10 seconds rest between	None	20	6x50	4x50
Pull buoy swim easy - but sprint arms the first 8 strokes of each length	Pull Buoy		150	100
Main Set - Block 1				
Front crawl swim at RM7 50's	Tempo Trainer Mode 2	on the beep or 15 seconds	6x50	5x50
Front crawl swim at RM7 100's	Tempo Trainer Mode 2	on the beep or 15 seconds	4 x 100	3x100
Front crawl swim at CSS +4 paced	Tempo Trainer Mode 1 - buoy and paddles optional	60 seconds	400	300
Main Set Block 2				
Front crawl swim at RM5 100's	Tempo Trainer Mode 2	on the beep or 15 seconds	4x100	3x100

Front crawl swim at RM5 200's	Tempo Trainer Mode 2	on the beep or 15 seconds	4x200	2x200
Front crawl swim at CSS +4 Paced	Tempo Trainer Mode 1 - buoy and paddles optional	60 seconds	800	500
Main Set Block 3				
Front crawl swim at RM4 200's	Tempo Trainer Mode 2	on the beep or 15 seconds	3x200	2x200
Front crawl swim at CSS +4 Paced Swim or 4x100 Individual Medley / own choice fast paced.	Tempo Trainer Mode 1 - buoy and paddles optional for Front crawl swim	Finished	400	300
Own choice Cooldown with any remaining time			200	200
Session Total			4750	3250