



South West Swim Session Name: Swim At Home 10

Voluntary Session Fee

This session is free of charge, as is all our lockdown content. Our main aim is to keep swimmers moving, engaged, fit and provide interest to their lockdown training.

However these sessions do take a lot of time to put on and some of our own squad swimmers wanted a way to contribute. So we set up an optional session fee donation process. If you enjoyed the session and wanted to contribute to our work then please feel free to do so using the links below

If you did want to contribute to our work and help keep us moving forward then you can do so in two ways:

1. Via your Booking System Account: Log into your account and select to make a session fee donation [here](#)
2. Via PayPal: Donate a session fee via Paypal at <https://www.paypal.me/southwestswim>

You will find 3 contribution levels of £4, £6 or £10 in our booking system (or 4 if you did not want to contribute). We have suggested these same donations via PayPal, or a donation of your choosing.

**Either way we hope you enjoy the session and
thanks for your support by joining.**

Want to know more about South West Swim? [Click here](#)

Session Introduction

We highly recommend you view the Introduction & Education Video for the session plan via our YouTube channel at https://youtu.be/XrUR_VMwZSQ . This video introduces you through the session and guides you through the drills we are doing, and (importantly) WHY we are doing them.

Focus: A Swim At Home focused training session for those with their own Endless Pool, Spa / Jet Pool or Tethered Pool. We will aim to release a different workout every week on Tuesdays. This week's session is more technique focused but will provide a great technical workout.

Our sessions are modular, so they can be used as a template for your swim and you can adjust for time, fitness level , training day goals etc.

We try to make our session videos educational, as if we are giving a mini swimming workshop. They are usually around 20 minutes long but we highly recommend they are viewed before heading to the pool as we can tell you about the session aims, how to do a drill and WHY you are doing that drill. It is usually much easier to tell you in the video than trying to tell you in print.

Please note that if you are using a Tethered Pool system the swim is much harder, so as always feel free to adjust the swim times to meet your fitness level. With a tethered pool REALLY focus on your catch and pull technique, don't let yourself slip through the water in an attempt to make the session easier. Still maintain good form and technique in the catch and pull.

You don't need to use swim kit for this session so don't worry if you don't have these items, but if you have we recommend:

Pull Buoy

Centre Snorkel (optional)

Paddles (optional)

Finis Tempo Trainer Pro (or Garmin, stop watch, timer, swim partner or stroke count)

Key

FC = Front Crawl

Warm Up

We will be going off the coaches whistle, however please count your strokes in the efforts as well, this will allow you to gauge how many strokes it takes to do 1 min / 2 minutes of swimming.

- 1) Perform a 2 minute easy continuous swim to warm up and get a feel for the water.
- 2) 2 x 1 minutes swim - gradually increase your effort level
- 3) 2 x 30 second swims SUPER FAST

We will be resting for 30 seconds between sets. Please ensure your swim spotter guides you on whistle time if you do not hear it yourself.

REST 1 MINUTE BEFORE STARTING THE MAIN SET, PREP YOUR KIT AND HYDRATE

Notes:

Main

[View the Introduction & Education video for this session plan on YouTube. We highly recommend this is viewed to gain an understanding of what the aims of the session are and how to do some of the drills \(and why you are doing them\).](#)

Pull buoy and snorkel are optional through the session, where the drill and exercise permits (i.e. don't use a pull buoy in kick based skills). Paddles would also be a nice addition to the HiIT workout so you can really get a feel for the water (we always advise paddles are small technique based paddles, rather than huge dinner plate sized things for power. In a tethered pool I only advise using small paddles)

Additional tip videos for this session:

[Entering Cooler water](#) (Open Water based but the same can apply to a pool setting)

[Keeping the rotation when using a centre snorkel](#) Today's "Swim at Home LIVE" session will focus on some Catch drills

Pull buoy and snorkel are optional through the session, where the drill and exercise permits (i.e. don't use a pull buoy in kick based skills)

Part 1 - Stretch yourself out

30 seconds rest between each exercise

3 x sets of

10 seconds kick +

20 seconds of swim +

1 minute swim (i.e. still with a good effort, but easily manageable)

The first set should be easy, seconds moderate, and the third hard.

REST 1 MINUTE BEFORE STARTING PART 2

Part 2 - Build Up Ouchies

Different lengths of swim, building intensity as we go.

1 x 2:00min @ Very easy pace (2:30)

2 x 1:30m @ around 70% (4mins) - One set with paddles if you have them

3 x 1:00 @ around 80% (4:30mins) - One set with paddles if you have them

4 x 30 secs @ around 95% (4::00 mins) - No Paddles

5 x 20 secs @ Full on effort (4:10 mins) - No Paddles

This block should be thought of as building towards hard and fast swimming. Rest periods are constant at 30 seconds on each.. Rest periods are important so have your spotter stop you bang on the finish so you get the rest you've worked for :)

REST 1 MINUTE BEFORE STARTING PART 2

Part 3 - Technical Cool down

20 strokes of scull 1 with kick + 80 strokes of moderate swim

Then

20 strokes of Scull 1 into 20 strokes of Scull 2 with a pull buoy + 60 strokes of EASY COOLDOWN swim

Then

100 stroke easy swim down

Optional Cooldown after the session ends and goes offline

After the session is done I would recommend retiring to the sun and performing some dynamic stretching and finally static stretching. We won't do this in the Zoom session broadcast

If you enjoyed the session please feel free to leave a voluntary session donation fee, see the links above.

We will release a new session every Tuesday throughout the UK Coronavirus pandemic.

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Dry Land Cool Down

5-10 minutes of light stretching. Try the stretching routine in the swim smooth guru (if you

have access to this) at

<https://www.swimsmooth.guru/streamvideo/cLi/qR/dryland-stretching-routine>