



## 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

**Normally we would record a little video that would be linked here. Sadly this week we have not had the time to do this as we are back in the open water and coaching swimmers. Sorry about that. Today's session is a fitness builder though so is mainly normal swim, with no highly technical elements.**

**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 a fitness based session.

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.

**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

- 1) Perform an easy 5 minute swim with some short 10 stroke bursts of speed every 30 seconds after the first 3 minutes.

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

**Notes:**

## Main

**Part 1 - Increasing Swim time efforts with reducing rest (swim at 90-100% effort on all swims).**

**Swim ONCE through**

Swim 1:00 / rest 60 seconds

Swim 1:10 / rest 50 seconds

Swim 1:20 / rest 40 seconds

Swim 1:30 / rest 30 seconds

Swim 1:40 / Rest 20 seconds

Swim 1:50 / Rest 10 seconds

Swim 2:00 / rest 1 minute

**Part 2 - Kick, Swim, Swim, Swim (Centre Snorkel recommended).**

Alternate between:

Odds 30 seconds hard streamline kick INTO 30 seconds of sprint swim

Rest for 20 seconds

Evens 30 seconds easy swim INTO 30 seconds of sprint swim

Rest for 20 seconds

**Part 3 - Back to the start. Increasing Swim time efforts with reducing rest (swim at a reduced pace effort through the swims effort on all swims).**

**Swim ONCE through**

Swim 1:00 / rest 10 seconds

Swim 1:10 / rest 20 seconds

Swim 1:20 / rest 30 seconds

Swim 1:30 / rest 40 seconds

Swim 1:40 / Rest 50 seconds

Swim 1:50 / Rest 60 seconds

Swim 2:00

**Part 4 - Cool down swim. Pool should be set at your warm up pace used earlier.**

5 minute cooldown swim, kit optional

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.

Jason Tait - Head Coach, South West Swim

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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>