



South West Swim Session Name: Swim At Home Session 2 - The long and the short of it.

Voluntary Session Fee

We have had a few of our swimmers asking how they can support South West Swim through these strange times where we are not running pool sessions.

I have therefore created a voluntary purchase link should you enjoy the content we are putting out for dryside work etc. **This is totally optional and voluntary**, and has been devised for athletes that wanted to contribute to any services we are offering at this time. Content will continue to be provided to all our Squad swimmers regardless as I know full well we will all be in different situations.

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 (or create an account if you wish) on our booking system and select to make a session fee donation at https://www.wellnessliving.com/rs/catalog-view.html?id_sale=4&k_id=1722535&k_option=6170728
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.

A big thank you for those that have asked how they can help keep us going at this time and those that have donated session fees for the sessions they have done.

Session Introduction

Video Introduction for the session plan: https://youtu.be/YYgYqoi2t_4

Focus: A HiiT / 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.

Kit Recommended / needed for this session:

Pull Buoy

Paddles

Fins

Centre Snorkel

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

Key

FC = Front Crawl

Warm Up

Perform a 10 minute easy swim

During this warm up we want to gauge a good foundation pace for you to swim at, we should be looking at 80% of max towards the end of our warm up.

REST 2 MINS BEFORE STARTING THE MAIN SET, PREP YOUR KIT AND HYDRATE

Notes:

Main

Today's "Swim at Home" / HiIT session is a 56 min (approx) Swim session designed to boost and maintain fitness (time does not include optional dryland stretches).

We will be swimming for time so you will need a device (watch, clock, tempo trainer or a swim partner (from the same household, remember government guidelines on social distancing and journeys)). If you don't have any of the above we will swim to strokes, so you will need to count these as you swim.

This week's session has some longer intervals of swim, so is a little less high intensity. However still keep your rest periods strict and feel free to adjust them for your own fitness level).

Part 1 - Swim / Pull Buoy / Paddles - Super Mix Pyramid

We start with a fairly long block in this session, with each rest period being the same, at 30 seconds. We start with a full swim, follow this by using the pull buoy, and then using both pull buoy and paddles. We should be looking at swimming all three of these sections at around 80% effort, adjust your pool current to suit your swim speed at each effort level.

At the top of our pyramid we have a faster block swum at between 80-100% effort.

Think of these as short sprints, again adjust your swim current to support the faster swims.

We then head back down the pyramid.

If you don't have a timer / tempo trainer or swim partner exchange 1 second for 1 stroke (so this would be 60 strokes per minute) and count your strokes (i.e. 2 mins = 120 strokes). If you have a faster / slower stroke rate and know what this is feel free to use this as your gauge.

If time is an issue, or you want a faster swim set feel free to reduce the timings of the longer swims.

31 minute block

FC Full Stroke Swim 2:00 / rest 30 seconds

FC Pull Buoy Swim 3:00 / rest 30 seconds

FC Pull Buoy & Paddles Swim 4:00 / rest 30 seconds

10 x 30 seconds swim (Mix your stroke if you wish, or just swim FC strokes if desired) / 30 seconds rest at 80-100% effort level

FC Pull Buoy & Paddles Swim 4:00 / Rest 30 seconds

FC Pull Buoy Swim 3:00 / Rest 30 seconds

FC Full Stroke Swim 2:00 / rest 30 seconds

REST 2 MINUTES BEFORE STARTING PART 2

Part 2 - Streamline Kick (Fins and Centre Snorkel Recommended). Set your endless Pool to a speed where you have to work hard on your kick efforts with your fins. Remember good kick technique, kicking from the hips with a nice loose knee and ankle (do not power your kick from the knee). Engage your core and hold a strong streamline position.

5 Minute Block

5 x 30 seconds streamline kick with 30 seconds rest.

Start with an easy effort and build intensity for each rep thereafter, however hold good form throughout. If you want a slightly longer harder session then do 1 minute on / 30 seconds off.

If you don't have kit dont worry, do it without.

REST 1 MINUTE BEFORE STARTING PART 3

Part 3 - Cool down swim. Pool should be set at your warm up pace used earlier.

5 minute easy cooldown swim and drills, Use of kit optional

Thank You. I hope you enjoyed this session plan. Do it as often as you wish and experiment with it to make it harder / easier depending on your days workout goals.

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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>