



South West Swim Session Name: Swim At Home - Session 3.

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/iNQXqfpc20E>

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.

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.

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)

Optional: Swim Cords or Bands

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. This week optionally mix in 3 minutes worth of Drill of your own choice.

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

Notes:

Main

[View the video Introduction for this session plan at https://youtu.be/iNQXqfpc20E](https://youtu.be/iNQXqfpc20E)

Today's "Swim at Home" / HiiT session is a 64 ½ min (approx) Swim session designed to boost and maintain fitness (time includes rest periods but does not include the optional dryland stretch time). You can break this week's session down to make it shorter by only completing certain sections, and

varying this the next time you swim it.

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 stroke rate per min (SPM), so you will need to count these as you swim.

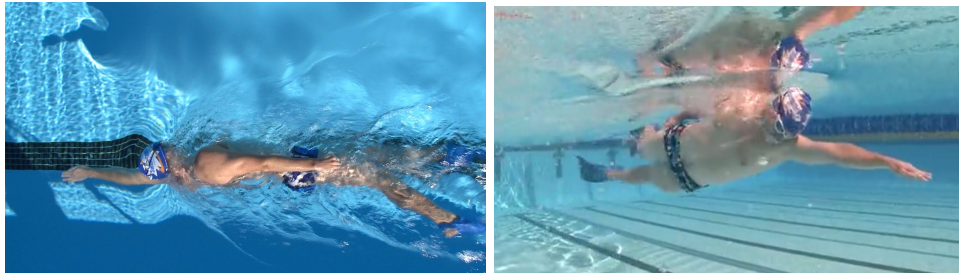
This week's session has some rotation based drills, followed by a harder swim fitness block and finishing with some swims with a little bit of non swim work incorporated into it, ideal for a bit of variety and mixing it up. Keep your rest periods strict and as always feel free to adjust the swim times and rest periods to suit your own own fitness level or training goals).

Part 1 - Rotation and stretch

A little technique to start our session today. Performing 30 seconds of each drill in succession, then rest for the allocated rest time. The aim of this section is to feel our rotation and stretch / core engagement through each drill. You will benefit from wearing fins in this section.

TIP: When performing the Kick On Side Drill ensure that your middle finger is inline with the shoulder (see Image 1), have your shoulder blades together and back and rotate from the hips AND shoulders (this may feel like you are slightly over rotated and for the purpose of the drill this is correct, as long as your rotated shoulder does not go over 90 degrees!). Also think about your arm position under the water, fingertips lower than the wrist, wrist lower than the elbow.

Images: Copyright Swim Smooth, do not share or replicate.



Perform the drills one after each other non stop. Move fluidly from one position to the next and ALWAYS focus on good form, both in rotation and arm position under the water (fingertips lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder, as per image 2). Engage the core upwards in each drill, see the intro video for further explanation.

One of the most common issues we see in our sessions is a crossover. Really focusing on good form in this drill (and other kick on side based drills) will help improve this fault. If you have a balance issue in your stroke this will feel quite awkward and difficult in the pool systems we are using, go with it.

12 minute block

5 x 2 minute drill block / 1 min rest between each block

30 seconds Kick On Side Drill

30 seconds Streamline kick (aka Torpedo Drill)

30 seconds Kick on Side (opposite side as before)

30 seconds swim focusing on great rotation.

(For a easier session reduce this to 3x or 4x through, holding form here is more important than doing more reps with poor form)

REST 2 MINUTES BEFORE STARTING PART 2

Part 2 - Flying 60's

A favourite block for our swimmers in our own Endless Pool HiiT sessions. In this block each swim is a 60 second effort, and we reduce the rest periods after each one, whilst increasing our swim intensity.

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. 1 mins = 60 strokes). If you have a faster / slower stroke rate and know what this is feel free to use this as your gauge.

19 ½ minute block

Go from easy effort and build to hard effort on the last swim. On the way back down go from hard effort down to easy effort on each swim.

60 on / 60 off

60 on / 50 off

60 on / 40 off

60 on / 30 off

60 on / 20 off

60 on / 10 off

Rest 60 seconds

60 on / 10 off

60 on / 20 off

60 on / 30 off

60 on / 40 off

60 on / 50 off

60 on

(For an easier set just complete the first half of the block and don't come back down, this will reduce the block time to 9 ½ minutes)

REST 2 MINUTES BEFORE STARTING PART 3

Part 3 - Swim Run Fun

To finish off we are going to do a little bit of swim / run. This works well with a counter current pool running against a hard curent on the spot. Tethered pool users may need to play around and experiment with it, i.e. running around your pool or ask somebody to hold your band tight whilst you run on the spot (this may not work as well if your pool is shallow, see what you can do with it). Running in water against resistance is a great fitness builder. If you want to make it a bit harder and have swim bands or swim cords then hold these when running, moving the arms in a run fashion to extend and release the cords.

10 Minute Block

(Do not dive into your swim if your pool is shallow or does not have much length to it)

4 blocks as follows (2 mins on 30 seconds off)

1. 30 second Swim / 60 second in water run diving into (if deep enough) / 30 second swim
2. 30 second in water run diving into (if deep enough) / 60 second swim / 30 second run
3. 1:30 Swim / 30 seconds in water run
4. 1:30 Second in water run diving into (if deep enough) / 30 second swim

REST 2 MINUTE BEFORE STARTING PART 3

Part 4 - 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 day's workout goals. 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>