



South West Swim Session Name: Swim At Home - Session 6.

Session Introduction

We highly recommend you view the Introduction & Education Video for the session plan via our YouTube channel at https://youtu.be/3fPEHQs_6-8 . 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

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.

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

Warm Up

Perform a 5 or 10 minute easy swim warm up as

5mins warmup

2 mins swim

30 seconds torpedo / streamline kick

2 minutes swim

30 seconds 6-3-6 (6 kicks on the side then 3 strokes, repeat)

10 minute warm up add the below

2 mins swim

30 seconds scull 1 or scull 2 (or a mix of both as per last weeks session)

2 mins swim

30 seconds fast effort 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

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 \(and why you are doing them\).](#)

Today's "Swim at Home" / HiIT session incorporates distance work with some breakout efforts of speed. However we are going to start our main set with a block of breathing technique focused work with a snorkel, possibly how you have never used it before.

We design the sessions to be modular so you can break the session down to make it shorter by only completing certain sections, or longer by repeating sections. Also feel free to add time to the exercises to make them longer, or subtracting time to make the session shorter. Think of our sessions as a template to your swim. This week I have included a shorter version, and a longer version but you can mix it up also.

We will be swimming for time AND stroke count today. A device such as a watch, Garmin, tempo trainer or a swim partner (from the same household, remember government guidelines on social distancing and journeys)) would be very handy.

Part 1 - Developing Low breathing position with the snorkel

Overuse of our centre snorkel can lead to us swimming flat in the water and losing the feel of rotating to breathe in the stroke. Today we are going to look at maintaining this feeling, whilst wearing the snorkel.

We are going to swim normally with our centre snorkel and pull buoy but instead of just looking constantly at the pool floor we are going to rotate as if we were breathing, the aim would be to keep one goggle in, and one goggle under the water. We will also be using different breathing patterns, only breathe in when you rotate to take that breath and you (of course) will be breathing in through the snorkel.

Please watch the introduction & education video for full details, demo and explanation.

If you don't have a snorkel try this drill with normal breathing, trying to keep the head lower and feeling rotation into the breathing action. Only complete the 4x 1:00 minute set.

REPS:

4x 2:00 minute blocks with 30 seconds rest in between

OR

4 x 1:00 minute blocks with 20 seconds between for shorter session

As

1. Breathing every 3 strokes (Bi-Lateral)
2. Breathing every 4 strokes but only to the LEFT side
3. Breathing every 5 strokes (Bi-Lateral)
4. Breathing every 4 strokes but only to the RIGHT side

REST 1 MINUTE BEFORE STARTING PART 2

Part 2 - Smooth and Fast, but can you LAsT

Our main part of this session is quite easy really. We are going to swim 5 minute blocks as 20 strokes EASY then 20 Strokes FAST, the easy swim parts become your recovery. This is a fantastic swim for building those shorter bursts of speed and building mental strength. Don't let the session beat you!

Use a pull buoy (no buoy if wearing a wetsuit) and a centre snorkel is optional but try and fit some of the breathing work into this part of the session too. Feel free to add a pair of paddles to one of the blocks to feel the water more (small paddles so we can work on technique)

Complete 2, 3 or 4 five minute blocks of this with 1 minutes rest in between each 5 minute effort. Base number of reps on your fitness level, ability and temperature of the environment (as last week the sun seems to have vanished)

I loved this part of the session when I wrote it in the endless pool, using both tethered resistance, endless pool resistance and both at the same time.

REST 1 MINUTE BEFORE STARTING PART 3

Part 3 - Cool Down

That's it, you are done, apart from this last short bit of work to cool down and stretch off.

Perform a 5 minute easy swim of your choice, try to work in some short bursts of a rotational drill through the cool down, drill suggestions would be 6-3-6, 6-5-6, broken arrow or popov. These can be difficult to do tethered but please see what you can do and work the hips and shoulder into rotation.

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.

Jason Tait - Head Coach, South West Swim

www.southwestswim.co.uk

Jason@southwestswim.co.uk

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>

