



## South West Swim Session Name: Swim At Home - Session 7

### Voluntary Session Fee To Support South West Swim

All of South West Swim's session content during lockdown is being provided free of charge, as our main aim is to give swimmers support and ideas, as well as keeping you fit and engaged with your swimming.

However, it does take a lot of our time to prepare, release and present these sessions to you. If you enjoyed the session and want to contribute to our work, it would help us keep going during the lockdown period. You can do this in two ways:

1. By logging into your SWS Booking account [HERE](#)
2. By Donating a session fee via Paypal [HERE](#)

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 when using PayPal, or you can add a donation of your choosing.

If you are not able to contribute please still enjoy the session, this is a voluntary scheme and we understand many may not be able to contribute. I would like to say a big thank you to those that have helped and donated session fees for their sessions. It has helped to keep us going at this time :).

*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/ean\\_aD0ViMM](https://youtu.be/ean_aD0ViMM) . 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

### Calculate your Strokes Per minute

- 1) Perform a 3 minute continuous swim to warm up and get a feel for the water.
- 2) We will then perform 3x 1minute efforts, Jason will guide you on your stop and start with the whistle. This may be hard to hear so if you have a spotter then please use them to give you a prod (pointy stick optional)

We will swim at the following efforts

- a) 1 min easy - **Count Your Strokes over the minute**
- b) 1 Min slightly faster, try and feel a regular rhythm - **Count Your Strokes over the minute**
- c) 1 Min even faster, this should feel a touch harder but we are NOT sprinting - **Count Your Strokes over the minute**

From the above figures use the one you are most comfortable with as your strokes per minute. For example if "swim b" felt most comfortable and you counted 64, this would mean that 64 is your count for 1 minute (we count off each arm stroke, not stroke cycles)

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

**This weeks “Swim at Home” session will focus on some sculling drills to start getting a feel for the catch and pull in the stroke, whilst also building some fitness in your swimming,**

We will be swimming to stroke, sweep and kick count today. Our warm up will calculate our Strokes Per Minute which can be used for your timing on some of the longer swims. Alternatively you can use time via 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 the Catch and Pull**

Arms touching the bottom is the most common complaint I have read about. With swimmers switching to shallow pools this fault has been highlighted and may be caused by a straight arm pull through. This Block starts to give you ideas on how to gain a good catch and pull technique with a bent elbow and good hand entry which won't put strain on the elbow.

No timer required, in this part we are going to work by counting sweeps and strokes. As last week we are going to perform some sculling actions, but we are building on the work done in our last session and adding in another sculling position. If you have one, perform these drills and swims with a pull buoy between the legs or ankles (or use a kickboard between the legs if you have one of these). Sculling actions can be very hard to get to grips with (so to speak) and a full explanation of both Scull 1 drill and scull 2 drill is given in the video accompanying this session.

Scull 1 works the very front end of our stroke, whilst scull 2 works the power phase of our stroke. Both of these movements will help get a feel for the water in each

position. Remember to enter the water fingertips first and inline with the shoulder!

Scull 1 is a sweeping action in front of the head

Scull 2 is a sweeping action under the body with the palm facing backwards  
(remember not to cross over the centre line of the body)

For those following our plans weekly you may remember we did this exact block a few weeks ago, hopefully this will feel better and smoother this week

### **Roughly 30 seconds rest between each exercise**

### **Pull buoy and Snorkel are advised but can be done without**

- 1) 20 sweeps of scull 1 into 40 easy strokes
- 2) 20 sweeps of scull 2 into 40 easy strokes
- 3) Sweeps of scull 1 drill into 20 sweeps of scull 2 drill into 40 easy strokes

#### **Then**

2 minutes of easy swim with a pull buoy (if you have one) and snorkel is optional. Really focus on these two movements as you pull through the stroke.

Optional kit you can use in this longer swim are a pair of paddles (to emphasis the feel of the catch and pull) and a centre snorkel (allowing you to really focus on the catch and pull)

**Repeat this block x2 (3 times in total) Making the longer swim slightly faster each time.**

### **REST 1 MINUTE BEFORE STARTING PART 2 - Hydrate well**

### **Part 2 - Catch, Core Engagement and Leg Kick Technique**

This block will take us through a build of exercises from using our awesome sculling technique used above to a swim, then a kick, then a blast of swim to finish.

I call this the "10,20,30,40 progression" (original eh!) and it goes like this (as a non stop exercise):

- 10 Sweepes of scull INTO
- 20 Strokes of Pull Buoy Swim INTO
- 30 Kicks INTO
- 40 Sprint Strokes
- Rest for 20 seconds and then repeat (4 times total)

### **We are going to repeat this 4 times and then reverse it for another 4 sets**

- 40 Sweeps of scull INTO
- 30 Strokes of Pull Buoy Swim INTO
- 20 Kicks INTO
- 10 Sprint Strokes

Rest for 20 seconds and then repeat (4 times total)

### **REST 1 MINUTE BEFORE STARTING PART 2 - Hydrate well**

#### **Part 3 - Endurance Cooldown**

A simple swim to finish off the session that is still going to focus on the work you have already done. We are going to swim this once only. As per the video please feel free to adapt this (and all parts of the session) to fit your goals and / or time you have available.

Take 20 seconds rest between swims, reduce effort as you swim through this part of the session so that your last swim acts as your cooldown swim.

1. Swim for 1 minute
2. Swim for 2 minutes
3. Swim for 3 minutes
4. Swim for 4 minutes
5. Swim for 5 minutes

Use your centre snorkel if you wish but try to rotate to breathe with it, as per last week's session. Other kit can be used optionally but the aim of this section is to build up endurance at varying paces. YOU can really play around with this last part and just go with the flow of your swim.

#### **Optional Cooldown after the session**

After the session is done I would recommend retiring to the sun and performing some dynamic stretching and finally static stretching. See the Dry land Cool Down section below.

**Thank You.**

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](http://www.southwestswim.co.uk)

[Jason@southwestswim.co.uk](mailto: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>