



## South West Swim Session Name: Swim At Home 9

### 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

**We highly recommend you view the Introduction & Education Video for the session plan via our YouTube channel at <https://youtu.be/tbLaulqnyQ8> . 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

**If you do not know how many strokes you take per minute then please count your strokes over the swims in the warm up, this will allow you to gauge how many strokes it takes to do 1 min / 2 minutes of swimming.**

- 1) Perform a 2 minute easy continuous swim to warm up and get a feel for the water.
- 2) 2 x 1 minutes swim - gradually increase your effort level
- 3) Perform a 2 minute easy swim
- 4) 2 x 30 second swims SUPER FAST
- 5) Perform a 2 minute Moderate paced swim

We will be resting for 30 seconds between sets.

**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" session will focus on some Catch drills which you can focus on in your swimming throughout the session. We then move on to some faster, shorter based HiIT work.

Pull buoy and snorkel are optional through the session, where the drill and exercise permits (i.e. don't use a pull buoy in kick based skills). Paddles would also be a nice addition to the HiIT workout so you can really get a feel for the water (we always advise paddles are small technique based paddles, rather than huge dinner plate sized things for power. In a tethered pool I only advise using small paddles)

**Additional tip videos for this session:**

[Entering Cooler water](#) (Open Water based but the same can apply to a pool setting)

[Keeping the rotation when using a centre snorkel](#)

### **Part 1 - Catch and feel for the water**

3 or 4 sets of the following (you decide, factor in water temperature)

1 minute of scull 1 drill into Scull 2 drill, moving between each position every 6-8 sweeps (i.e. 6 sweeps of scull 1 straight into scull 2 for 6 sweeps and then back to scull 1 for 6 sweeps etc) **THEN INTO** 1 minute swim Increase speed set by set in the swim portion of this block)

**30 seconds rest between each exercise set**

Each set get slightly faster in your swim effort. You will feel a slight pull won the tether when sculling, which is good as it means you are moving forward. Really focus on the bending of the elbow within this drill and the palm of the hand pressing water backwards.

These drills are harder performed tethered but are possible and will really work your alignment and balance.

## **REST 1 MINUTE BEFORE STARTING PART 2**

### **Part 2 - HiIT :)**

3 varied parts in each block. The first block has 3 sets, the second has 2 sets and the third has 3 sets. The rest period reduces as we work through the blocks. There should be lots of effort in each session so our longer swim period is a moderate paced swim, so still quite a lot of effort to be swum.

#### **3 x sets of**

10 seconds hard kick (Streamline / Torpedo position **or** arms by your side) +

20 seconds of hard swim +

1 minute moderate paced swim (i.e. still with a good effort but slower than your 20 seconds fast)

**30 seconds rest between each set**

#### **Then**

2 x sets of

20 seconds hard kick +

10 seconds of super hard swim +

1 minute of Moderate paced swim.

**20 seconds rest between each set**

#### **Then**

3 x sets of

30 seconds hard kick +

30 seconds hard swim +

30 seconds of easy swim.

**10 seconds rest between each set**

**This block should be thought of as hard and fast, rest periods are important so have your spotter stop you bang on the finish so you get the rest you've worked for :)**

**REST (coach will bring you all back to the same point for the finishing block)**

### **Part 3 - Cooldown**

1. 160 - 200 stroke easy swim down

2. 160- 200 Stroke and drill easy cool down

A simple couple of swims to finish off the session. The first is a casual easy swim

effort, the seconds being an easy swim with an optional mixing in of the sculling drills we performed earlier in the set.

Feel free to add another 3rd block of easy swim in to really finish off the session, focusing on moving through the water and always pressing backwards.

### **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. We won't do this in the Zoom session broadcast

Thank You. I hope you enjoyed this Live session. You now have the session plan so feel free to do it as often as you wish and experiment with it to make it harder / easier depending on your day's workout goals. We also release a new Swim At Home workout every Tuesday morning (during lockdown).

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>