



South West Swim Session Name: Swim At Home LIVE - Session 3, Saturday 16th May 2020

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](#)

Disclaimer

South West Swim cannot be held liable for any damage to items used in, around and near the pool, it is down to the swimmer to ensure these are safe and adequately protected. Under no circumstances rest or balance items of electrical equipment on the pool edge or near the pool where they could fall in, get damaged or cause electric shock!

South West Swim are not liable for any injury caused in the session, and as this is a remote session you agree to swim at your own risk. We highly recommend you have an individual with you acting as a spotter for safety reasons (and who can shout at you if you swim for too long or miss a coaching cue).

By Swimming and taking part in this session you agree to these terms and conditions in full.

IF YOU DO NOT AGREE TO THE ABOVE PLEASE DO NOT TAKE PART IN OUR SESSION TODAY. MANY THANKS.

Warm Up

We will be going off the coaches whistle, however please count your strokes in the efforts as well, 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) Perform a 2 minute moderate paced continuous swim, count your strokes
- 3) 2 x 1 minute swim FAST (Count Strokes)
- 4) 2 x 30 second swims SUPER FAST

We will be resting for 30 seconds between sets. Please ensure your swim spotter guides you on whistle time if you do not hear it yourself.

REST 1 MINUTE BEFORE STARTING THE MAIN SET, PREP YOUR KIT AND HYDRATE

Notes:

Main

Today's "Swim at Home LIVE" session will focus on some rotation drills

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)

Part 1 - Rotation Technique and feel

We are going to be looking at a variation of a drill called 6-3-6 and the actual 6-3-6 drill itself. This is simply 6 kicks on your side and 3 focused strokes. The variation will be a glide on our side instead of the kick.

We will also be doing some streamline kick to start off with to get you into that Stretched position.

The coach will demonstrate these movements for you before we start.

Roughly 30 seconds rest between each exercise (or off of coaches whistle)

- 1) 1 minute of Streamline / torpedo kick followed by 1 minute of swim looking to feel a great body position in the water **THEN 1 minute of swim**
- 2) 1 minute of glide - 5 - Glide. We start with taking 5 strokes and then hold a side on position for a count of 3 (approx) then repeat. You will work bilaterally with this drill **THEN 1 minute of swim**
- 3) 1 minute of 6-3-6, we will take 3 strokes and the kick on our side for a count of 6 holding good form **THEN 1 minute of swim**

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

We will repeat this block once depending on time

REST 1 MINUTE BEFORE STARTING PART 2 (or on coaches guidance / whistle)

Part 2 - Fitness Building

A mixture of short swims and rest as follows.

1 minute on / 30 seconds off (rest)

1:10 on . 20 seconds rest

1:20 on / 10 seconds rest

1:30 on / 30 seconds rest

Repeat x2 (THREE times total unless time or temperature dont allow)

This block will allow you to swim different strokes (if you wish), Use different kit as a progression (i.e. Pull buoy on the first set, buoy and paddles on the second, and pute swim on the third). Or you can just swim it as a normal

swim.

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

Part 3 - 100 stroke build 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.

We will swim 120 strokes, reducing our pace every 20 strokes for the first 60 strokes, and then easing into a nice recovery swim. If you have a faster stroke rate (such as above 70) then please do 150 strokes

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

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>