



South West Swim Session Name: Swim At Home LIVE - Session 4, Saturday 23rd 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) 2 x 1 minutes swim - gradually increase your effort level
- 3) 2 minute easy swim
- 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 Catch 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 - Catch and feel for the water

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

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

3 sets of the following

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) **on the whistle** we will swim for 1 minute.

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 (or on coaches guidance / whistle)

Part 2 - HiiT :)

3 varied parts in each block. The first block has 3 sets, the second and third has 2 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 +

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

2 x sets of
30 seconds hard kick +
30 seconds hard swim +
30 seconds 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 - 160 stroke easy swim down

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

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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>