



## South West Swim - Swim Smooth Certified Coaching, Swindon, Cotswolds & Surrounding Areas.

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

**South West Swim Session Name: Can You See The Mist Yet?**  
22nd November 2019

### Session Notes & Tips

Your rest periods are dictated by Finis Tempo Trainer Pro and your own individual RED MIST pace. You are setting the device to beep every 2 lengths and you NEED to stay ahead of the beeper. For example on the 100m efforts the beeper should beep AFTER you have pushed off the wall on the second 50m, you should reach the 100m point before it has beeped and as soon as that beep goes, you swim the next effort. Your rest is that gap between touching the wall and the beep, that is all. Mismatch it and swim too slow and you will be caught out.

You will then reduce the pace, so you get less rest and have to work that little bit harder. You will find pull buoy and paddles sections in the set, these are at a faster pace than the effort before but you should be able to put in the same effort as you are using kit. Choose the piece of kit you are fastest with (choice of Fins and Buoy only)

This set is not easy, but it is rewarding. Just don't let it turn into a continuous swim.

To find out more about RED MIST sessions head to <https://www.swimsmooth.guru/video/cMt/what-is-red-mist> you will require a subscription to the Swimsmooth.guru software (squad swimmers, you get this as part of your package).

### Session Introduction

**Focus: All out Hard And fast swim. High metres focusing on keeping the pace. Reducing rest on RED MIST pace (starting at RM6 and reducing to RM0)**

**Kit Recommended / needed for this session:**

Fins

Pull Buoy

Finis Tempo Trainer Pro

**Kit available from [www.southwestswim.co.uk](http://www.southwestswim.co.uk), or via our booking website/app if you are a South West Swim swimmer with a booking account**

This session plan has been rewritten for a 25m pool

## Warm Up

**Easy FC Swim > < Drill of choice on the way back** (ensure you choose the right kit for the drill you will be performing)

200-300m

**Notes:**

## Main

Rest between blocks 30-40 seconds, enough to reduce the beeper pace by the stated amount

**FC Swim Off the beep on RM6**

10x100m

**FINS or BUOY swim Off the beep on RM5** (choose the training aid you are fastest with, NO PADDLES)

6x100m

**FC Swim off the beep on RM4**

10x50m

**FINS or BUOY off the beep on RM3** (choose the training aid you are fastest with, NO PADDLES)

10x50m

**FC Swim Off the beep on RM0** (really dig in for the first 5 making sure you are getting to the wall before the beep and going as fast as possible. During efforts 6-10 you should start to ease the effort down and gradually reduce the swim pace, there is plenty of rest in this block as you are swimming 25m in a 50m setting)

10x25m

## Cool Down

Easy Swim or drills to finish  
300-400m

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