



South West Swim Session Name: Swim At Home Session 1 - HiIT

Voluntary Session Fee

We have had a few of our swimmers asking how they can support South West Swim through these strange times where we are not running pool sessions.

I have therefore created a voluntary purchase link should you enjoy the content we are putting out for dryside work etc. **This is totally optional and voluntary**, and has been devised for athletes that wanted to contribute to any services we are offering at this time. Content will continue to be provided to all our Squad swimmers regardless as I know full well we will all be in different situations.

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 (or create an account if you wish) on our booking system and select to make a session fee donation at https://www.wellnessliving.com/rs/catalog-view.html?id_sale=4&k_id=1722535&k_option=6170728
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.

A big thank you for those that have asked how they can help keep us going at this time and those that have donated session fees for the sessions they have done.

Session Introduction

Focus: A HiIT Focused training session for those with their own Endless Pool, Spa / Jet Pool or Tethered Pool. We will aim to produce a different workout every week on Tuesdays.

Kit Recommended / needed for this session:

Pull Buoy
Paddles
Fins
Centre Snorkel
Timer or Tempo Trainer Pro

Warm Up

Perform a 10 mins of swim.

During this warm up we want to gauge a good foundation pace for you to swim at, we should be looking at 80% of max towards the end of our warm up.

Notes:

Main

An Endless Pool HiIT session is a 45 min (approx) session designed to boost and maintain fitness. We will be swimming for time so you will need a device (watch, clock, tempo trainer or a swim partner (from the same household, remember government guidelines on social distancing and journeys)).

Part 1 - Max Increasing Swim efforts, reducing rest (swim at 100% effort). Set your Endless Pool to around 100% of your max effort.

15minute block

Swim 1:00 / rest 60 seconds

Swim 1:10 / rest 50 seconds

Swim 1:20 / rest 40 seconds

Swim 1:30 / rest 30 seconds

Swim 1:40 / Rest 20 seconds

Swim 1:50 / Rest 10 seconds

Swim 2:00 / rest 1 minute

Part 2 - Kick Vs. Swim (Fins and Centre Snorkel). Set your endless Pool to a speed where you have to work hard on your kick efforts with your fins. If you are unable to increase the speed of your pool after 60 seconds then perform an easy swim, rather than a sprint.

10 Minute Block

5 x 1:00 Minute hard streamline kick INTO 30 seconds of sprint swim (or easy swim if you are unable to change speed of your pool after 1min)

Rest for 30 seconds

Part 3 - Max to easy swim efforts (Buoy & Paddles, centre snorkel optional)
Start with hard swim at 100% effort and then slow down each block into cooldown swim effort. Endless pool speed should be set appropriately for your max effort swim, and reduce the pace as you move through the swims in this part of the session.

7 minute Block

Swim 2:00 / Rest 30 seconds

Swim 1:30 / Rest 30 seconds

Swim 1:00 / rest 30 seconds

Swim 0:30 / rest 30 seconds

Part 4 - Cool down swim. Pool should be set at your warm up pace used earlier.

5 minute cooldown swim, kit optional

Cool Down

5-10 minutes of light stretching. Try the stretching routine in the swim smooth guru (if you have access) at

<https://www.swimsmooth.guru/streamvideo/cLi/qR/dryland-stretching-routine>