



South West Swim Session Name: Swim At Home - Session 4.

Session Introduction

Video Introduction for the session plan: https://youtu.be/b_TrWHMnNuA

Focus: A HiiT / 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.

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.

Kit Recommended / needed for this session:

Pull Buoy

Centre Snorkel (optional)

Finis Tempo Trainer Pro (or Garmin, stop watch, timer, swim partner or stroke count)

Key

FC = Front Crawl

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.

Warm Up

Perform a 10 minute easy 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. This week optionally mix in 3 minutes worth of torpedo / streamline kick.

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

Notes:

Main

[View the video Introduction for this session plan at \(link to be inserted once filmed\)](#)

Today's "Swim at Home" / HiiT session is a 48 Minute (approx) Swim session designed to boost and maintain fitness (time includes rest periods but does not include the optional dryland stretch time).

We design the sessions to be modular so you can break the session down to make it shorter by only completing certain sections, or longer by repeating sections. Also feel free to add time to the exercises to make them longer, or subtracting time to make the session shorter. Think of our sessions as a template to your swim.

We will be swimming for time (or stroke count) so a device such as a watch, clock, tempo trainer or a swim partner (from the same household, remember government guidelines on social distancing and journeys)) would be very handy. If you don't have any of the above we will swim to stroke rate per min (SPM), so you will need to count your strokes as you swim.

This week's session is a giant pyramid session and starts / finishes with sculling to get some catch based work into your stroke. We then follow this with a harder swim block and finish with a repeat of the first part of the session. Keep your rest periods strict and as always feel free to adjust the swim times and rest periods to suit your own own fitness level or training goals).

Part 1 (and 3) - Catch build up

No timer required, in this part we are going to work by counting strokes (or sweeps in the sculling action). We are going to perform a sculling drill with a pull buoy. The sculling action can be very hard to get to grips with (so to speak) and a full explanation is given in the video accompanying this session. Sculling works the very front end of our stroke, helping get a feel for the water and working on great positioning needed to create a good catch in the water. We are using a pull buoy so that the legs are isolated and we can get a feel for balance, position and technique that is only coming from the front of the stroke.

Estimated 3 minute block

10 sweeps of scull 1 into 10 easy strokes

20 sweeps of scull 1 into 20 moderate strokes

30 sweeps of scull 1 drill into 30 fast strokes
40 sweeps of scull 1 drill into 40 sprint strokes with leg kick (lose the pull buoy for the swim part)

(For a longer session feel free to repeat this block 2 or 3 times)

REST 1 MINUTE BEFORE STARTING PART 2

Part 2 - Swim Pyramid (front crawl or medley based)

An energetic little pyramid mixing our paces and getting faster as we rise to the top. Can you be king or queen of your pyramid? Fight to the top and don't let it slip away.

We will be swimming and resting to time through this set, it is quite fast moving. You can perform this either as all front crawl swim, or feel free to do it in individual medley order if you can do all four strokes. Backstroke can be hard to do in a counter current or tethered pool, so you may wish to change this if you are doing it medley style.

Use a Finis tempo trainer, garmin, stopwatch or swim buddy to time and set you off. If you don't have a timer / tempo trainer or swim partner exchange 1 second for 1 stroke (so this would be 60 strokes per minute) and count your strokes (i.e. 1 mins = 60 strokes). If you have a faster / slower stroke rate and know what this is feel free to use this as your gauge.

16 Minute block

2x 60 seconds swim / 30 seconds rest @ 70% effort (warm up pace) - Swim stroke of your choice or Kick

Rest 1 minute

4x 30 Seconds swim / 30 Seconds rest @ 80% effort - Front crawl or Medley order (your choice)

Rest 1 minute

8x 60 seconds swim / 60 seconds rest @90-95% effort (fast!) - Front Crawl or 2x Medley order your choice)

Rest 1 minute

4x 30 Seconds swim / 30 Seconds rest @ 80% effort - Front crawl or Medley order (your choice)

Rest 1 minute

2x 60 seconds swim / 30 seconds rest @ 70% effort (warm up pace) - Swim stroke of your choice or Kick

REST 1 MINUTE BEFORE STARTING PART 3

Part 3 - A repeat of our first block, but in reverse. Today this is acting as your cooldown swim

Estimated 3mins block

10 sweeps of scull 1 drill into 40 sprint strokes with leg kick (lose the pull buoy for the swim part)

30 sweeps of scull 1 drill into 30 fast strokes

20 sweeps of scull 1 drill into 20 moderate strokes

10 sweeps of scull 1 drill into 10 easy strokes

If a longer session or cooldown is required then repeat part 3, slowing it down a little and easing into cooldown even more.

Optional: Today's Cooldown should be sufficient, but feel free to do a 5-10 minute own choice swim at the end of the session.

Thank You. I hope you enjoyed this session plan. Do it as often as you wish and experiment with it to make it harder / easier depending on your day's workout goals. 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.

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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>