



## South West Swim Session Name: Swim At Home - Session 5.

### Session Introduction

**We highly recommend you view the Introduction & Education Video for the session plan via our YouTube channel at <https://youtu.be/ImgmNJYIZiI> . This video introduces you through the session and guides you through the drills we are doing, and (importantly) WHY we are doing them.**

**Focus:** A 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. This week's session is more technique focused but will provide a great technical workout.

Our sessions are modular, so they can be used as a template for your swim and you can adjust for time, fitness level , training day goals etc.

**We try to make our session videos educational, as if we are giving a mini swimming workshop. They are usually around 20 minutes long but we highly recommend they are viewed before heading to the pool as we can tell you about the session aims, how to do a drill and WHY you are doing that drill. It is usually much easier to tell you in the video than trying to tell you in print.**

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.

**You don't need to use swim kit for this session so don't worry if you don't have these items, but if you have we recommend:**

Pull Buoy

Centre Snorkel (optional)

Fins (optional)

Paddles (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](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.**

*Want to know more about South West Swim? [Click here](#)*

## 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

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

Notes:

## Main

**[View the Introduction & Education video for this session plan on YouTube. We highly recommend this is viewed to gain an understanding of what the aims of the session are and how to do some of the drills \(and why you are doing them\).](#)**

Today's "Swim at Home" / HiIT session is a focused Technique swim session focusing on starting to work on TWO key areas of your swim, which are constantly mentioned by those swimming in shallow pools. The session is divided into two blocks of technique work, and one block of swim fitness work with a technique undertone. I have not included an estimated time to complete this week's session as I don't want you to rush through it. Really focus on movements being performed and do them to the best of your ability.

**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 AND stroke count today. A device such as a watch, Garmin, tempo trainer or a swim partner (from the same household, remember government guidelines on social distancing and journeys)) would be very handy.

### **Part 1 - Developing the Catch and Pull**

Arms touching the bottom is the most common complaint I have read about. With swimmers switching to shallow pools this fault has been highlighted and may be caused by a straight arm pull through. This Block starts to give you ideas on how to gain a good catch and pull technique with a bent elbow and good hand entry which won't put strain on the elbow.

No timer required, in this part we are going to work by counting sweeps and strokes. As last week we are going to perform some sculling actions, but we are building on the work done in our last session and adding in another sculling position. If you have one, perform these drills and swims with a pull buoy between the legs or ankles (or use a kickboard between the legs if you have one of these). Sculling actions can be very hard to get to grips with (so to speak) and a full explanation of both Scull 1 drill and scull 2 drill is given in the video accompanying this session.

Scull 1 works the very front end of our stroke, whilst scull 2 works the power phase of our stroke. Both of these movements will help get a feel for the water in each position. Remember to enter the water fingertips first and inline with the shoulder!

Scull 1 is a sweeping action in front of the head

Scull 2 is a sweeping action under the body with the palm facing backwards (remember not to cross over the centre line of the body)

**Please watch the introduction & education video for full details and explanation.**

#### **30 seconds rest between each exercise**

20 sweeps of scull 1 into 40 easy strokes

20 sweeps of scull 2 into 40 easy strokes

20 sweeps of scull 1 drill into 20 sweeps of scull 2 drill into 40 easy strokes

#### **Then**

2 minutes or 100-120 strokes of easy swim with a pull buoy (if you have one).

Optional kit you can use in this swim are a pair of paddles (to emphasis the feel of the catch and pull) and a centre snorkel (allowing you to really focus on the catch and pull)

**Repeat this block x2 (3 times in total)**

## **REST 1 MINUTE BEFORE STARTING PART 2**

### **Part 2 - Core Engagement and Leg Kick Technique**

The second most common thing I have read is about sinking in the pool, poor body position or feet touching the bottom. Whilst some of this may be caused by the tether itself this block will try and get you engaging the core, swimming proud and using your legs correctly (not just trying to compensate by kicking hard and wasting energy over longer swim distances).

This block will take us into 3 or 4 different kick positions. Firstly our kick mechanics, we want to be generating our kick from the glutes / hip and have a nice relaxed, long (and some say floppy) ankle and knee. We don't want to be kicking FROM the knee though, so be aware of your technique and feeling what you are doing. If you kick from the knee it is likely your knee will drop, causing drag, and therefore causing you to have a poor body position.

We also want to be engaging the core and making ourselves as long as possible in the water in our streamlined / Torpedo position (arms above the head). Think along the lines of standing on tiptoes and trying to reach the ceiling with your finger tips.

The drill we are going to perform is called broken around the world. We are going to swim on our front, side, back, and side. If it is difficult to swim on your back then perform the front kick drill again instead.

**Kit wise, fins are optional for this and will make it easier. However refer to the guidelines about your pool within our intro and education video for this session. Centre Snorkel is also optional.**

### **20 seconds of each drill with 20 seconds of rest as:**

- 1) Torpedo kick on your front
- 2) Kick on right side (maintain middle finger in line with the shoulder)
- 3) Torpedo Kick on your back (or front if you cannot do kick on your back due to setup or ability)
- 4) Kick on left side (maintain middle finger in line with the shoulder)

#### **Then**

- 5) 60 seconds (or 60 strokes) easy swim focusing on good posture and rotation

Rest 1 minute and repeat x1 (so the block is performed twice in total)

## **REST 1 MINUTE BEFORE STARTING PART 3**

### **Part 3 - 100 stroke build**

A simple swim to finish off the session that is still going to focus on the work you have already done. Swim it once through, but feel free to repeat it if you wish.

In each repetition you are going to swim a total of 100 strokes, and you are going to build your arm pace every 20 strokes, with the aim of finishing at a reasonably fast pace whilst still holding great form with your newly acquired skills.

You want to be starting each rep at your base stroke rate figure, If you don't know your stroke rate then you will need to gauge effort starting from easy. (base stroke rate is you normal strokes per minute, if you wear a garmin you can get this from previous swims, just make sure to multiply the garmin figure by 2 as Garmins calculate stroke cycles)

On **reps 1 & 3** I want you to focus on work done in block 1. So we want to focus on a good finger tips first hand entry that spears around 4-6 inches below the surface of the water, tipping the wrist slightly and then pressing water backwards with that lovely bent elbow that you are now developing. Important, remember not to overstress the elbow when doing this.

On **reps 2 & 4** I want you to focus on good kick mechanics, kicking from the hip and glutes and being nice and relaxed. It's not a powerful kick but a gentle flutter. Also focus on a nice proud and tall body position in the water, engaging your core upwards.

Take 30-60 seconds rest after each repetition.

**REST 1 MINUTE BEFORE STARTING the optional part 4, or your cooldown swim**

If you have time and want a longer session, repeat one pattern of the sculling drills we performed in block 1. A great way to finish and reestablish that feel for the water in these key positions.

Otherwise perform an easy own choice swim for around 5-10 minutes, followed by some dryland stretching off.

**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>