



South West Swim Session Name: Swim At Home LIVE - Session 2, Saturday 9th 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](#)

Warm Up

Calculate your Strokes Per minute

- 1) Perform a 3 minute continuous swim to warm up and get a feel for the water.
- 2) We will then perform 3x 1minute efforts, Jason will guide you on your stop and start with the whistle. This may be hard to hear so if you have a spotter then please use them to give you a prod (pointy stick optional)

We will swim at the following efforts

- a) 1 min easy - **Count Your Strokes over the minute**
- b) 1 Min slightly faster, try and feel a regular rhythm - **Count Your Strokes over the minute**
- c) 1 Min even faster, this should feel a touch harder but we are NOT sprinting - **Count Your Strokes over the minute**

From the above figures use the one you are most comfortable with as your strokes per minute. For example if "swim b" felt most comfortable and you counted 64, this would mean that 64 is your count for 1 minute (we count off each arm stroke, not stroke cycles)

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 sculling drills to start getting a feel for the catch and pull in the stroke, whilst also building some fitness in your swimming,

We will be swimming to stroke stroke, sweep and kick count today as we have calculated our Strokes Per Minute during the warm up. 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)

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

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

Pull buoy is advised but we can adjust it to swim without if you don't have one.

- 1) 20 sweeps of scull 1 into 40 easy strokes
- 2) 20 sweeps of scull 2 into 40 easy strokes
- 3) 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).

Really focus on these two movements as you pull through the stroke.
Optional kit you can use in this longer 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) Making the longer swim slightly faster each time.

REST 1 MINUTE BEFORE STARTING PART 2 (or on coaches guidance / whistle)

Part 2 - Catch, Core Engagement and Leg Kick Technique

This block will take us through a build of exercises from using our awesome sculling technique used above to a swim, then a kick, then a blast of swim to finish.

I call this the “Tens Swim” and it goes like this (as a non stop exercise):

10 Sweepes of scull INTO
20 Strokes of Pull Buoy Swim INTO
30 Kicks INTO
40 Sprint Strokes

We are going to repeat this 4 times and then reverse it for another 4 sets

40 Sweepes of scull INTO
30 Strokes of Pull Buoy Swim INTO
20 Kicks INTO
10 Sprint Strokes

REST (coach will bring you all back to the same point for the finishing block)

Part 3 - 100 stroke build Cooldown

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 3 times through.

Set 1 we are going to build through to 100%
Set 2 we are going to build to finish on 80%
Set 3 we are going to build to finish on 60% / 70%

Rest on this part of the session is 20 seconds, please guide yourself on your rest times and go after your own 20 seconds (this is the last block so we don't need to regroup)

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.

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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>