

Version 1.0

Venue Handy Cross

25m

Session Junior Distance - Backstroke (01)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	200	f/c EASY	4.15		1	x	200	f/c EASY	5.00		
	4	x	100	50 f/c 50 b/c	2.30		2	x	100	b/c Moderate	3.00		
	4	x	50	f/c EASY	1.15		4	x	50	f/c Moderate	1.30		
					Total Distance	800						Total Distance	600
							19 mins						
Main Set	1	x	through				1	x	through				
	1	x	200	b/c	4.15		1	x	200	b/c	5.00		
	4	x	100	alt f/c - b/c - f/c	2.15		4	x	100	alt f/c - b/c - f/c	2.30		
	8	x	25	Kick - alt f/c and b/c	45s		8	x	25	Kick - alt f/c and b/c	1.00		
	1	x	200	b/c PULL watch recovery arms	4.15		2	x	100	b/c PULL watch recovery arms	3.00		
	4	x	100	alt f/c - b/c - f/c - b/c	2.15		4	x	100	alt f/c - b/c - f/c - b/c	2.30		
					Total Distance	1400						Total Distance	1400
						32 mins							39 mins
Swim Down	2	x	200	f/c EASY	4.30		1	x	200	f/c EASY	5.00		
					Total Distance	400						Total Distance	200
						9 mins							4 mins
					Session Distance	2600						Session Distance	2200

<p>Teaching Point</p> <p>Ensure that the head is correctly positioned for backstroke slightly raised so that the water flows under the back of the head</p> <p>Ensure that the hand leaves the water thumb first, enters fingers first</p> <p>Ensure the arm is straight through the recovery phase above the water</p>	<p>Feedback</p>
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