

Version 1.0

Venue Handy Cross

25m

Session Junior Distance - Backstroke (02)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	200	f/c EASY	4.30		1	x	200	f/c EASY	5.00		
	1	x	200	Rev IM Drill	4.30		1	x	100	Rev IM Drill	3.30		
	4	x	50	alt 50 f/c, 50 b/c	1.00		2	x	50	alt 50 f/c, 50 b/c	1.15		
	Total Distance					600		Total Distance					400
						13 mins							12 mins
Main Set	1	x	through				1	x	through				
	2	x	200	b/c - ensure body rotation	4.30		2	x	100	b/c - ensure body rotation	3.00		
	4	x	100	f/c MODERATE	2.30		3	x	100	f/c MODERATE	3.00		
	4	x	100	b/c - MODERATE	2.30		3	x	100	b/c - MODERATE	3.00		
	8	x	25	f/c KICK	45s		8	x	25	f/c KICK	1.00		
	1	x	200	b/c pull	5.00		2	x	100	b/c pull	3.00		
	Total Distance					1600		Total Distance					1200
						40 mins							38 mins
Swim Down	1	x	200	I.M. Drill	4.30		1	x	200	b.c MOD	5.00		
	1	x	100	F/c EASY	2.30		1	x	200	F/c EASY	5.00		
	Total Distance					300		Total Distance					400
						7 mins							10 mins
Session Distance					2500		Session Distance					2000	

<p>Teaching Point</p> <p>Backstroke, concentrate on rotation of the shoulders in order to allow the hand to get deeper when pulling through the water.</p> <p>Instruct the swimmers to rotate their hips to achieve this and that means kicking to the side at 45 degrees, then middle, then the other side and so on.</p> <p>Can be achieved with b/c kick holding kick board across the chest if necessary during one or more of the main set b/c 100m sets.</p>	<p>Feedback</p>
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