

Version 1.0

Venue Handy Cross

25m

Session Junior Distance - Backstroke (03)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI		Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	4	x	50	alt 50 f/c / 50 bc	1.30			4	x	50	alt 50 f/c / 50 bc	1.30		
	1	x	100	Reverse IM Drill	2.30			1	x	100	Reverse IM Drill	3.00		
	4	x	50	f/c KICK	1.30			4	x	25	f/c KICK	1.00		
					Total Distance	500							Total Distance	400
						15 mins							13 mins	
Main Set	1	x	through					1	x	through				
	4	x	100	b/c alt 100 pull, 100 full	2.30			4	x	100	b/c alt 100 pull, 100 full	3.00		
	2	x	100	f/c	2.30			2	x	100	f/c	3.00		
	4	x	50	b/c kick - roll hips & shoulders	1.15			4	x	50	b/c kick - roll hips & shoulders	1.45		
	1	x	200	f/c	4.30			1	x	200	f/c	5.00		
	2	x	200	b/c full stroke with fins	4.30			2	x	100	b/c full stroke with fins	3.00		
	1	x	200	f/c	4.30			1	x	100	f/c	3.00		
	1	x	100	I.M.	2.00			1	x	100	I.M.	3.00		
				Total Distance	1700						Total Distance	1400		
						40 mins							42 mins	
Swim Down	1	x	200	f/c moderate	5.00			1	x	200	f/c moderate	5.00		
					Total Distance	200							Total Distance	200
						5 mins							5 mins	
					Session Distance	2400						Session Distance	2000	

<p>Teaching Point</p> <p>Backstroke - Underwater sweep, down, up then down, pushing past the hip.</p> <p>Backstroke - Kick side, middle, side, middle, in order to rotate the hips and the shoulders allowing the underwater hand movement to be deeper with more pull on the water</p>	<p>Feedback</p>
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