

Version 1.0

Venue Handy Cross

25m

Session Junior Distance - Backstroke (05)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI		
Warm Up	1	x	200	f/c MODERATE	5.00		1	x	200	f/c MODERATE	5.50			
	2	x	100	b/c	2.15		1	x	100	b/c	2.45			
	2	x	100	f/c pull	2.15		1	x	100	f/c pull	2.45			
	Total Distance					600		Total Distance					400	
						14 mins							11 mins	
Main Set	1	x	through				1	x	through					
	2	x	100	b/c ensure turns at each end	2.45		2	x	100	b/c ensure turns at each end	3.15			
	1	x	200	f/c	4.30		1	x	200	f/c	5.50			
	8	x	50	b/c Start from the blocks	1.30		6	x	25	b/c from 12m out, good turns	1.30			
	1	x	200	f/c	4.30		1	x	200	f/c	5.50			
	2	x	200	Rev I.M. Drill	5.00		1	x	0	b/c Starts from the blocks	12.00			
	Total Distance					1400		Total Distance					750	
						36 mins							39 mins	
Swim Down	1	x	200	f/c moderate	5.00		1	x	200	f/c moderate	5.50			
	1	x	200	b/c moderate	5.00		1	x	100	b/c moderate	to finish			
	Total Distance					200		Total Distance					200	
						10 mins							10 mins	
Session Distance					2200		Session Distance					1350		

<p>Teaching Point</p> <p>Backstroke - Advanced Start, arching the back out of the blocks and entering the water hands first.</p> <p>Backstroke - Finishing correctly, counting strokes for turn and finishing'</p>	<p>Feedback</p>
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