

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance Breaststroke (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	4.30		1	x	200	f/c EASY	5.00		
	2	x	100	50m f/c Swim, 50m b/c Kick	2.30		2	x	100	50m f/c Swim, 50m b/c Kick	3.00		
	2	x	100	f/c moderate	2.30		1	x	100	f/c moderate	3.00		
	Total Distance					600		Total Distance					500
						15 mins							15 mins
Main Set	1	x		through			1	x		through			
	2	x	100	br, ensure arms extend fully	2.45		2	x	100	br, ensure arms extend fully	3.00		
	1	x	100	f/c Pull	2.30		1	x	100	f/c Pull	3.00		
	4	x	50	br SPRINT – symmetrical arms	1.30		4	x	50	br SPRINT – symmetrical arms	1.30		
	1	x	100	f/c MODERATE	2.30		1	x	100	f/c MODERATE	3.00		
	4	x	100	BR UW Seq in the water	3.00		5	x	10	BR UW Seq in the water	10.00	DRILL	
	1	x	200	f/c MODERATE	4.30		1	x	100	f/c MODERATE	3.00		
	2	x	50	br KICK	1.00		4	x	25	br KICK	45s		
Total Distance					1300		Total Distance					850	
						35 mins							35 mins
Swim Down	1	x	400	Alt 50 f/c 50 b/c	10.00		1	x	300	Alt 50 f/c 50 b/c	10.00		
	Total Distance					400		Total Distance					300
						10 mins							10 mins
Session Distance					2300		Session Distance					1650	

Feedback

Teaching Point	Feedback
<p>Breaststroke - Arms symmetrical through entire stroke, ensuring arms do NOT go further back than the chest during the in sweep.</p> <p>Breaststroke – Early underwater sequence, starting in the water, pushing off the wall and developing the UW sequence movements</p>	