

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance Breaststroke (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	5.00		1	x	200	f/c EASY	5.30		
	2	x	100	50m f/c Swim, 50m b/c Kick	2.30		2	x	100	50m f/c Swim, 50m b/c Kick	2.45		
	4	x	50	f/c moderate	1.30		4	x	50	f/c moderate	1.30		
					Total Distance	600						Total Distance	600
							16 mins						
Main Set	1	x	through				1	x	through				
	2	x	100	br, watch leg kick	3.00		2	x	100	br, watch leg kick	3.15		
	1	x	100	f/c Pull	2.30		1	x	100	f/c Pull	3.00		
	4	x	50	br SPRINT	1.30		4	x	50	br SPRINT	1.45		
	1	x	100	f/c MODERATE	2.30		1	x	100	f/c MODERATE	2.45		
	4	x	100	br, from blocks - watch start	3.00		10	x	25	br from blocks - start practice	for 15 mins		
	1	x	200	f/c MODERATE	5.00		1	x	100	f/c MODERATE	2.45		
					Total Distance	1200						Total Distance	950
						34 mins							36 mins
Swim Down	4	x	50	KICK alt f/c, br	1.30		6	x	25	KICK alt f/c, br	1.00		
	1	x	200	f/c	4.30		1	x	200	f/c	5.00		
					Total Distance	400						Total Distance	350
						10 mins							11 mins
					Session Distance	2200						Session Distance	1900

Feedback

<p>Teaching Point</p> <p>Ensure an even leg kick with speed and power through to legs together, toes pointing in line with the body.</p> <p>Starts from the blocks and from in the water, develop and reinforce the correct underwater sequence.</p> <p>Remind the swimmers that they can introduce the single downwards fly kick in the UW sequence as a point of interest of they ask.</p>	<p>Feedback</p>
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