

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance Breaststroke (03)

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	b/c as 50 kick, 50 full	2.30		1	x	100	b/c as 50 kick, 50 full	3.00		
	4	x	50	f/c moderate	1.30		4	x	50	f/c moderate	1.45		
					Total Distance	600						Total Distance	500
							16 mins						
Main Set	1	x	through				1	x	through				
	4	x	50	br, watch leg kick	1.30		4	x	50	br, watch leg kick	1.45		
	2	x	100	f/c Pull	2.45		2	x	100	f/c Pull	3.00		
	3	x	100	br MODERATE	3.00		3	x	100	br MODERATE	3.30		
	2	x	100	f/c MODERATE	2.30		2	x	100	f/c MODERATE	3.00		
	6	x	50	br SPRINT - watch UW Seq	1.45		6	x	50	br SPRINT - watch UW Seq	1.45		
					Total Distance	1200						Total Distance	1200
						39 mins							40 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						
				Session Distance	2000						Session Distance	1900	

Feedback

Teaching Point	Feedback
Breaststroke - Turns! Fast into the wall, fast turn and a deep push off in EVERY turn	
Breaststroke - Complete and correct undersater sequence including the single downward butterfly kick	