

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance Breaststroke (04)

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	100	f/c EASY	3.00	
	2	x	100	b/c	2.30			2	x	100	b/c	3.00	
	1	x	200	I.M. Drill	4.30			1	x	200	I.M. Drill	5.00	
	Total Distance				600			Total Distance				500	
						14 mins							14 mins
Main Set	1	x	through					1	x	through			
	2	x	100	br, push arms out early	2.30			2	x	100	br, push arms out early	3.00	
	1	x	200	f/c MODERATE	4.30			1	x	200	f/c MODERATE	5.00	
	2	x	100	br PULL – fast pull to chest	2.45			2	x	100	br PULL – fast pull to chest	3.00	
	1	x	200	f/c MODERATE	4.30			1	x	200	f/c MODERATE	5.00	
	3	x	100	br, from blocks – correct UW Seq	2.45			3	x	100	br, from blocks – correct UW Seq	3.00	
	1	x	200	f/c MODERATE	4.30			1	x	200	f/c MODERATE	5.00	
	4	x	50	br KICK	1.00			2	x	50	br KICK	1.00	
Total Distance				1500		Total Distance				1400			
						36 mins							38 mins
Swim Down	1	x	200	b/c EASY	5.00			1	x	100	Alt 50 f/c 50 b/c	3.00	
	1	x	200	f/c EASY	5.00			1	x	200	f/c EASY	5.00	
	Total Distance				400			Total Distance				300	
						10 mins							8 mins
Session Distance				2500		Session Distance				2200			

Feedback

<p>Teaching Point</p> <p>Breaststroke - Arms extend fully, starting forward before leg kick so that they are ready to pull as the legs finish extending and start recovery.</p> <p>Breaststroke – Ensure every turn and finish is correct and legal</p>	
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