

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance Breaststroke (07)

Green

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI
Warm Up	3	x	100	Alt f/c - b/c by 100m	2.30							
	4	x	50	f/c KICK	1.00							
	4	x	50	b/c FAST	1.30							
	Total Distance					700						
											18 mns	
Main Set	1	x	through									
	1	x	200	br, MODERATE, watch turns	5.00							
	2	x	100	f/c Pull	2.30							
	6	x	50	br SPRINT from Blocks	2.00							
	1	x	200	f/c FULL	4.30							
	4	x	50	br PULL	1.30							
	Total Distance					1100					33 mins	
Swim Down	8	x	25	f/c KICK	45s							
	1	x	150	f/c easy	3.00							
	Total Distance					350					9 mins	
Session Distance					2150							

Feedback

Teaching Point	Feedback
<p>Breaststroke - Sharp Turns. Ensure that all the swimmers are touching the wall with both hands, turning fast and pushing out deep and strong enough to complete an effective under water sequence.</p> <p>Ensure that the swimmers are aware of the single downward kick allowed on each start and turn.</p>	