

Version 1.0

Venue Handy Cross

25m

Session Junior Distance - Front Crawl (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	5.00		1	x	200	f/c EASY	6.00		
	2	x	100	as 50 f/c 50 b/c each 100m	2.15		2	x	100	as 50 f/c 50 b/c each 100m	3.00		
	1	x	100	f/c MODERATE	2.15		4	x	50	f/c MODERATE	1.30		
					Total Distance	500						Total Distance	600
						12 mins							20 mins
Main Set	1	x	through				1	x	through				
	1	x	200	f/c	4.30		1	x	200	f/c	6.00		
	4	x	100	as 100 f/c, 100 I.M.	2.30		2	x	100	as 100 f/c, 100 I.M.		RI 15s	
	4	x	50	f/c Sprint	1.45		4	x	50	f/c Sprint		RI 20s	
	4	x	100	as alt 100 I.M. , 100 f/c	2.45		2	x	100	as alt 100 I.M. , 100 f/c		RI 15s	
	6	x	50	f/c KICK	1.15		1	x	200	f/c	6.00		
				Total Distance	1500						Total Distance	1000	
						40 mins							30 mins
Swim Down	1	x	200	f/c Moderate	5.00		2	x	50	f/c KICK	1.45		
	1	x	100	b/c easy	to finish		1	x	100	b/c easy	to finish		
					Total Distance	300						Total Distance	200
						8 mins							10 mins
					Session Distance	2300						Session Distance	1800

Feedback

<p>Teaching Point</p> <p>Ensure correct hand entry, half way between the head and the furthest reach forward</p> <p>Concentrate on the catch and sweeping the arm back through the water in an S Shape keeping both hands outside the body line at all times</p> <p>Push past the hip before recovering the arm and the hand.</p>	<p>Feedback</p>
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