

Version 1.0

Venue Handy Cross

25m

Session Junior Distance - Front Crawl (02)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	4	x	50	f/c Full/Pull/Kick/Full	1.30		4	x	50	f/c Full/Pull/Kick/Full	2.00		
	3	x	100	b/c MODERATE	2.30		2	x	100	b/c MODERATE	3.00		
	1	x	200	f/c MODERATE	4.30		1	x	200	f/c MODERATE	5.00		
	Total Distance					700		Total Distance					600
						18 mins							19 mins
Main Set	1	x	through				1	x	through				
	6	x	50	f/c alt 50m Drag / 50m full	1.30		6	x	50	f/c alt Drag / full each 50m	2.00		
	1	x	200	b/c MODERATE	4.30		1	x	100	b/c MODERATE	3.00		
	1	x	200	f/c Watch the hands and elbows	4.30		1	x	100	f/c Watch the hands and elbows	3.00		
	6	x	50	f/c SPRINT with fins	1.30		6	x	50	f/c SPRINT with fins	2.00		
	1	x	200	f/c MODERATE	4.30		1	x	100	f/c MODERATE	3.00		
Total Distance					1200		Total Distance					900	
						33 mins							33 mins
Swim Down	1	x	200	b/c easy	4.30		1	x	200	b/c easy	5.00		
	1	x	200	f/c MODERATE	4.30		1	x	100	f/c MODERATE	3.00		
	Total Distance					400		Total Distance					300
						9 mins							8 mins
Session Distance					2300		Session Distance					1800	

Feedback

Teaching Point	Feedback
<p>Front Crawl - Ensure that the hand recovers elbow first with the hand low on the water</p> <p>Front Crawl - Ensure hand enters the water and pushes forward to the catch smoothly and under control</p>	