

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance Frontcrawl (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		
	3	x	100	b/c as 50 kick, 50 full	2.30		3	x	100	b/c as 50 kick, 50 full	3.00		
	4	x	100	f/c moderate	2.30		3	x	100	f/c moderate	3.00		
					Total Distance	900						Total Distance	800
						22 mins							23 mins
Main Set	1	x		through			1	x		through			
	4	x	100	f/c - fins, high arms	2.30		8	x	50	f/c - fins, high arms	1.30		
	4	x	100	25 fly, 75 fc Moderate - fins	2.30		4	x	50	25 fly, 25 fc Moderate	1.30		
	3	x	100	f/c No Fins, watch head	2.45		4	x	100	f/c No Fins, watch head	3.00		
	1	x	200	I.M. Drill	5.00		1	x	100	I.M. Drill	3.00		
				Total Distance	1300						Total Distance	1100	
						33 mins							33 mins
Swim Down	1	x	200	b/c Moderate	5.00		1	x	100	b/c Moderate	4.00		
					Total Distance	200						Total Distance	100
						5 mins							4 mins
				Session Distance	2400						Session Distance	2000	

Feedback

Teaching Point	Feedback
FrontCrawl - With Fins, get arms high when reaching forward	
FrontCrawl - Streamline push off wall especially when wearing fins	
FrontCrawl - ensure swimmers finish strongly to the wall	