

Version 1.0

Venue Handy Cross

25m

Session Junior Distance - Front Crawl (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									
	2	x	100	b/c MODERATE	2.30									
	2	x	100	f/c MODERATE	2.15									
					Total Distance	600								
						14 mins								
Main Set	1	x	through											
	4	x	100	f/c MODERATE watch the turns	2.30									
	1	x	200	I.M. Drill	4.30									
	8	x	25	f/c KICK HARD	50s									
	8	x	50	f/c SPRINT from the blocks	1.30									
	1	x	200	f/c MODERATE	4.30									
					Total Distance	1400								
						39 mins								
Swim Down	1	x	200	b/c MODERATE	4.30									
	1	x	100	f/c EASY	2.30									
					Total Distance	300								
						7 mins								
					Session Distance	2300							Session Distance	0

Feedback

<p>Teaching Point</p> <p>Freestyle - Starts and Turns, three fly kicks, two strokes before the first breath. EVERY TIME</p> <p>Freestyle - Ensure the swimmers avoid passing their hand under their body during the in-sweep, make sure they push their hand past their hip each stroke</p>	<p>Feedback</p>
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