

Version 1.0

Venue Handy Cross

25m

Session Junior Distance - Front Crawl (06)

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		RI 10s		4	x	50	f/c Full/Pull/Kick/Full		RI 10s	
	2	x	100	Rev I.M. Drill	2.30			2	x	100	Rev I.M. Drill	3.00		
	2	x	200	f/c MODERATE	4.15			1	x	200	f/c MODERATE	5.00		
					Total Distance	800						Total Distance	600	
						17 mins							16 mins	
Main Set	1	x	through					1	x	through				
	4	x	100	alt 100 fc / 100 bc	2.15			2	x	100	alt 100 fc / 100 bc	3.00		
	1	x	200	b/c MODERATE	4.30			1	x	200	b/c MODERATE	5.30		
	8	x	50	f/c FINS sprint 25, ease off 25	1.30			8	x	50	f/c FINS sprint 25, ease off 25	1.30		
	1	x	200	b/c FINS Moderate	4.00			1	x	200	b/c FINS Moderate	5.00		
	2	x	100	f/c, 1st 20m hard each length	2.00			3	x	100	f/c, 1st 20m hard each length	3.00		
					Total Distance	1400						Total Distance	1300	
						34 mins							34 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	200	f/c easy	5.00		
					Total Distance	400						Total Distance	400	
						9 mins							10 mins	
					Session Distance	2600						Session Distance	2300	

Feedback

Teaching Point	Feedback
Freestyle - Head Position, on top of the water, eyes forward and just below the surface.	
Freestyle - use fins to get the shoulders out of the water and arms far forward in sprinting	