

Version 1.0

Venue Handy Cross

50m

Session Juniors Distance IM (01)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI		Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	200	f/c	4.30			1	x	200	f/c	5.00		
	1	x	100	Reverse I.M. Drill	2.30			1	x	100	Reverse I.M. Drill	3.00		
	1	x	100	f/c Kick	2.30			2	x	50	f/c Kick	1.30		
	2	x	100	f/c Pull	2.30			2	x	50	f/c Pull	1.30		
	Total Distance					600			Total Distance					500
						15 mins								15 mins
Main Set	1	x	200	f/c MODERATE	4.30			1	x	200	f/c MODERATE	5.00		
	4	x	50	Fly as 25 drill / 25 full	1.30			4	x	50	Fly as 25 drill / 25 full	2.00		
	4	x	100	f/c EASY	2.30			2	x	100	f/c EASY	2.45		
	2	x	200	I.M.	5.00			2	x	200	I.M.	5.30		
	2	x	100	f/c EASY	2.00			1	x	100	f/c EASY	2.15		
	Total Distance					1400			Total Distance					1100
						30 mins								32 mins
Swim Down	6	x	50	f/c SPRINT	1.30			4	x	50	f/c SPRINT	1.30		
	1	x	200	f/c swim down	4.30			3	x	100	f/c swim down	2.15		
	Total Distance					500			Total Distance					500
						15 mins								13 mins
Session Distance					2500			Session Distance					2100	

<p>Teaching Points</p> <p>Butterfly, long reach forward before hand entry</p> <p>The last part of the keyhole stroke should allow the hands to push the head out of the water to breath early.</p> <p>The arms and hands then pull the head down and through the next stroke</p> <p>I.M. - Ensure that the swimmers observe the correct turns for IM</p>	<p>Feedback</p>
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