

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance IM (02)

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	100	f/c	5.00		
	2	x	100	Reverse I.M. Drill	2.15		1	x	100	Reverse I.M. Drill	3.00		
	1	x	100	f/c Pull	2.30		1	x	100	f/c Pull	3.00		
					Total Distance	500						Total Distance	300
						12 mins							11 mins
Main Set	4	x	100	Broken I.M. by 50	2.15	9	4	x	100	Broken I.M. by 50	2.30	10	
	1	x	100	f/c MODERATE	2.15	2.25	1	x	100	f/c MODERATE	2.30	2.5	
	4	x	50	Alt Fly Kick / Full with FINS	1.30	6	4	x	50	Alt Fly Kick / Full with FINS	2.00	8	
	1	x	100	f/c MODERATE	2.15	2.25	1	x	100	f/c MODERATE	2.30	2.5	
	2	x	200	I.M.	5.00	10	2	x	200	I.M.	5.00	10	
	1	x	200	f/c EASY	4.00	4	1	x	200	f/c EASY	5.00	5	
					Total Distance	1400	33.5					Total Distance	1400
						34 mins							38 mins
Swim Down	4	x	50	f/c SPRINT	1.15		4	x	50	f/c SPRINT	1.30		
	1	x	200	b/c MODERATE	4.30		1	x	200	b/c MODERATE	5.00		
	1	x	200	f/c MODERATE	4.30								
					Total Distance	600						Total Distance	400
						14 mins							11 mins
Session Distance					2500		Session Distance					2100	

<p>Teaching Points</p> <p>Butterfly, ensure leg kick is from the abdomen and hips (avoid knee kicking!)</p> <p>Butterfly arms, ensure the head is pushed out of the water early at the end of the arms key hole push.</p> <p>I.M. , make sure turns are all legal</p>	<p>Feedback</p>
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