

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance IM (03)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	100	f/c	2.30		1	x	100	f/c	3.00		
	2	x	100	b/c	3.00		2	x	100	b/c	3.00		
	1	x	100	f/c Pull	2.30		1	x	100	f/c Pull	3.00		
					Total Distance	400						Total Distance	400
						11 mins							12 mins
Main Set	1	x	100	I.M.	3.00		1	x	100	I.M.	3.00		
	1	x	200	100m I.M. 100 f/c	5.30		1	x	200	100m I.M. 100 f/c	6.00		
	1	x	300	100m I.M. 200 f/c	8.00		1	x	300	100m I.M. 200 f/c	10.00		
	1	x	400	100m I.M. 300 f/c	11.00		1	x	200	100 f/c 100m I.M.	6.00		
	1	x	300	200 f/c 100m I.M.	8.00		1	x	100	f/c	3.00		
	1	x	200	100 f/c 100m I.M.	5.30		4	x	50	alt 50 f/c and 50 b/c	2.00		
	1	x	100	f/c	3.00		4	x	25	Fly kick	1.30		
					Total Distance	1600						Total Distance	1200
						44 mins							42 mins
Swim Down	1	x	100	f/c MODERATE	2.30		1	x	100	b/c EASY	3.00		
	1	x	100	b/c EASY	2.30		1	x	100	b/c EASY	3.00		
					Total Distance	200						Total Distance	100
						5 mins							6 mins
Session Distance					2200		Session Distance					1700	

<p>Teaching Points</p> <p>Butterfly - Ensure that the swimmers are reaching forward with their arms before hand entry.</p> <p>Butterfly - Legs together, two kicks per arm stroke (one hard, one half strength), kick using the stomach and thigh muscles.</p> <p>Butterfly - use DRILL in the I.M. sets for Butterfly only</p>	<p>Feedback</p>
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