

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance IM (04)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	200	f/c	5.30		1	x	100	f/c	3.00		
	1	x	100	b/c	3.00		1	x	100	b/c	3.00		
	1	x	200	rev I.M.	5.30		1	x	100	rev I.M.	3.00		
					Total Distance	500						Total Distance	300
						14 mins							9 mins
Main Set	1	x	200	I.M.	5.30		1	x	200	I.M.	6.00		
	3	x	100	Broken IM by 50m (50fly/50ba,50ba/50br, 50br/50fr)	3.00		4	x	50	Broken IM by 50m (from wall) (25fly/25ba,25ba/25br, 25br/25fr,25fr/25fly)	2.00		
	1	x	200	f/c	5.30		1	x	100	f/c	3.30		
	3	x	100	Broken IM by 50m (50fly/50ba,50ba/50br, 50br/50fr)	3.00		4	x	50	Broken IM by 50m (from wall) (25fly/25ba,25ba/25br, 25br/25fr,25fr/25fly)	2.00		
	1	x	200	b/c	5.00		2	x	100	b/c	3.30		
	1	x	200	I.M.	5.30		1	x	100	f/c	3.30		
					Total Distance	1400						Total Distance	1000
						40 mins							36 mins
Swim Down	1	x	200	f/c MODERATE	6.00				10 minutes diving from blocks		10.00		
					Total Distance	200		1	x	200	f/c MODERATE	5.00	
						6 mins					Total Distance	200	
											15 mins		
Session Distance					2100		Session Distance					1500	

Teaching Points

Butterfly - ensure a strong stroke, transferring the stronger leg kick power into a long arm extension and strong arm pull

I.M. - Ensure turns are correct, avoid tumble turns, two hand touch from fly and breaststroke.

Feedback