

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance IM (05)

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									
	2	x	100	Reverse I.M. Drill	2.30									
	1	x	200	f/c Pull	4.30									
	2	x	100	alt 100 f/c 100 b/c	2.15									
				Total Distance	800									
						20 mins								
Main Set	1	x	100	I.M. ensure fly head is correct	2.30	2.5								
	1	x	200	100 IM, 100 f/c	4.30	4.5								
	1	x	300	100 IM, 200 f/c	5.45	5.75								
	1	x	300	200 f/c, 100 I.M.	5.45	5.75								
	1	x	200	100 f/c, 100 I.M.	4.30	4.5								
	1	x	100	f/c	2.30	2.5								
							25.5							
				Total Distance	1600									
						35 mins								
Swim Down	1	x	100	f/c as 50 Drag, 50 full	2.30									
	1	x	100	b/c catch up	2.30									
				Total Distance	200									
						5 mins								
			Session Distance	2600										

<p>Teaching Points</p> <p>Butterfly - Ensure head comes up for breath whilst completing the outswipe so that it enters the water again with the arm recovery</p> <p>Butterfly - Kicking from the abdomen, check knee flexing and legs together</p> <p>I.M. - General all round technique especially demonstrating legal turns</p>	<p>Feedback</p>
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