

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance IM (06)

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	b/c	4.30								
	4	x	50	I.M. Stroke Order, fly as drill	1.30								
					Total Distance	600							
						15 mins							
Main Set	1	x	100	I.M.	2.30	2.5							
	1	x	200	f/cEASY	4.30	4.5							
	4	x	50	I.M. order as 25 full, 25 drill	1.30	6							
	1	x	200	b/c	4.30	4.5							
	4	x	100	Broken IM as 50m each stroke (fly/ba,ba/br, br/fr,fr/fly)	1.45	7							
	1	x	200	br Moderate	4.45	4.75							
	2	x	100	b/c	2.00	4							
	1	x	200	I.M.	5.00	5							
					Total Distance	1700							
							39 mins						
Swim Down	1	x	100	b/c EASY	3.00								
	1	x	100	f/c EASY	3.00								
					Total Distance	200							
						6 mins							
					Session Distance	2500							

<p>Teaching Points</p> <p>Butterfly - Ensure head rises to breath as the arms push through the end of the Fly outswEEP.</p> <p>I.M. - Ensure turns are correct, avoid tumble turns, two hand touch out of fly and breaststroke.</p>	<p>Feedback</p>
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