

Version 1.0

Venue Handy Cross

25m

Session Juniors Distance IM (07)

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	f/c	5.00		
	2	x	100	b/c PULL	2.30		1	x	100	b/c PULL	3.00		
	1	x	100	f/c Kick	2.30		4	x	25	f/c Kick	1.00		
	1	x	100	f/c Pull	2.30		1	x	100	f/c	3.00		
	Total Distance					600		Total Distance					500
						15 mins							15 mins
Main Set	1	x	200	f/c MODERATE	4.30		1	x	100	f/c MODERATE	3.00		
	3	x	100	25 Fly Sprint, 75 f/c recovery	2.30		6	x	50	25 Fly Sprint, 25 f/c recovery	2.00		
	1	x	100	f/c EASY	4.30		1	x	100	f/c EASY	5.00		
	2	x	200	I.M. Fly HARD first 25m	5.00		2	x	100	50m I.M. Fly HARD 50 fc EASY	3.30		
	1	x	100	f/c EASY	4.30		1	x	100	f/c EASY	5.00		
	2	x	100	I.M. change stroke at the wall	2.45		2	x	100	I.M. change stroke at the wall	3.00		
	Total Distance					1300		Total Distance					1000
						37 mins							39 mins
Swim Down	2	x	100	alt 50m b/c, 50m br	3.00		2	x	100	as 50m b/c, 50m br	3.00		
	Total Distance					200		Total Distance					200
						8 mins							6 mins
Session Distance						2100	Session Distance						1700

<p>Teaching Points</p> <p>Butterfly, ensure that the legs are kicking together and that the knees are together through the kick</p> <p>Butterfly, introduce 25m Sprints with active recovery</p> <p>Observe I.M. turns, not tumble turns in transition between strokes, start getting a sense of urgency in the turns.</p>	<p>Feedback</p>
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