

Version 1.0

Venue Wycombe Abbey

25m

Session Junior Sprint - Backstroke (01)

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	100	f/c	3.00		
	2	x	150	b/c	3.30			2	x	100	b/c	3.00		
	3	x	100	alt 100 f/c 100 b/c	2.30			3	x	100	f/c	3.00		
	Total Distance					800			Total Distance					600
						19 mins							18 mins	
Main Set	1	x	through					1	x	through				
	1	x	200	f/c Moderate	4.30			1	x	150	f/c Moderate	5.00		
	4	x	50	b/c - u/w for first 10m at least	1.30			4	x	50	b/c - u/w for first 10m at least	1.45		
	1	x	100	f/c Moderate	2.30			1	x	100	f/c Moderate	3.00		
	6	x	50	b/c - sprint into the turn	1.30			4	x	50	b/c - sprint into the turn	1.45		
	1	x	100	f/c Moderate	2.30			1	x	100	f/c Moderate	3.00		
	4	x	50	b/c - hard first 20m from start	1.30			4	x	50	b/c - hard first 20m from start	1.45		
	1	x	200	f/c Moderate	4.30			1	x	150	f/c Moderate	5.00		
Total Distance					1300		Total Distance					1100		
						35 mins							37 mins	
Swim Down	1	x	300	as alt 25 f/c, 25 b/c Easy	6.00			1	x	200	b/c easy	5.00		
	Total Distance					300			Total Distance					200
						6 mins							5 mins	
Session Distance					2400		Session Distance					1900		

Teaching Point	Feedback
<p>Backstroke - Ensure swimmers are rotating their hips and shoulders to get the pulling hand under the body (stretch the recovery hand to the ceiling), kick 'side, middle, side' to turn the hips improving shoulder rotation.</p> <p>Backstroke - Start, arch back and get hips above water, first movement is with the arms NOT the legs at the start to get the back arched</p> <p>Backstroke - Turns deep and powerful from the wall, fist arm pull from just under the water</p>	