

Version 1.0

Venue Handy Cross

25m

Session Junior Sprint - Backstroke (03)

Green Squad

Blue Squad

	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		
	4	x	100	b/c	2.30		3	x	100	b/c	3.00		
	4	x	50	f/c KICK	1.45		4	x	50	f/c KICK	1.45		
	Total Distance					800		Total Distance					700
						22 mins							21 mins
Main Set	1	x	through				1	x	through				
	8	x	50	b/c from Blocks, sprint 25m	1.30		8	x	50	b/c from Blocks, sprint 25m	1.45	14	
	1	x	200	f/c	4.30		1	x	100	f/c	3.00	3	
	4	x	100	b/c hard into and out of turn	2.45		3	x	100	b/c hard into and out of turn	2.45	5.5	
	1	x	100	f/c	2.30		1	x	100	f/c	3.00	3	
	1	x	200	b/c full stroke	4.30		1	x	200	b/c full stroke	5.00	5	
Total Distance					1100		Total Distance					900	
						31 mins							31 mins
Swim Down	1	x	200	f/c moderate	4.30		1	x	200	f/c moderate	5.00		
	1	x	100	b/c moderate	2.30		1	x	100	b/c moderate	3.00		
	Total Distance					300		Total Distance					300
						7 mins							8 mins
Session Distance					2200		Session Distance					1900	

<p>Teaching Point</p> <p>Backstroke - Arch back into water at the Start, underwater fly kicks, one hand on top of the other.</p> <p>Backstroke - Check thumb out of water first, little finger into water first</p> <p>Backstroke - ensure the swimmers are attempting a proper back stroke turn</p>	<p>Feedback</p>
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