

Version 1.0

Venue Handy Cross

25m

Session Juniors Sprint Breaststroke (01)

Green

Blue

|                  | Rounds         | x | Distance | Instruction                     | Time(Mins) | RI      | Rounds           | x              | Distance | Instruction                     | Time(Mins) | RI   |         |
|------------------|----------------|---|----------|---------------------------------|------------|---------|------------------|----------------|----------|---------------------------------|------------|------|---------|
| Warm Up          | 1              | x | 200      | f/c EASY                        | 4.15       |         | 1                | x              | 200      | f/c EASY                        | 4.30       |      |         |
|                  | 1              | x | 200      | b/c MODERATE                    | 4.15       |         | 1                | x              | 200      | b/c MODERATE                    | 4.30       |      |         |
|                  | 3              | x | 100      | I.M.                            | 2.45       |         | 2                | x              | 100      | I.M.                            | 3.00       |      |         |
|                  | Total Distance |   |          |                                 |            | 700     |                  | Total Distance |          |                                 |            |      | 600     |
|                  |                |   |          |                                 |            | 18 mins |                  |                |          |                                 |            |      | 15 mins |
| Main Set         | 1              | x | through  |                                 |            |         | 1                | x              | through  |                                 |            |      |         |
|                  | 4              | x | 100      | br, from blocks, watch UW seq   | 2.30       | 10      | 4                | x              | 100      | br, from blocks, watch UW seq   | 3.00       | 12   |         |
|                  | 1              | x | 200      | f/c Full                        | 4.15       | 4.25    | 1                | x              | 200      | f/c Full                        | 4.30       | 4.5  |         |
|                  | 4              | x | 100      | br SPRINT, ensure good glide    | 2.30       | 10      | 4                | x              | 100      | br SPRINT, ensure good glide    | 3.00       | 12   |         |
|                  | 1              | x | 200      | f/c Pull                        | 4.15       | 4.25    | 1                | x              | 200      | f/c Pull                        | 4.30       | 4.5  |         |
|                  | 4              | x | 50       | br Sprinting first 25m each len | 1.30       | 6       | 4                | x              | 50       | br Sprinting first 25m each len | 1.30       | 6    |         |
|                  | Total Distance |   |          |                                 |            | 1400    | 34.5             | Total Distance |          |                                 |            |      | 1400    |
|                  |                |   |          |                                 |            | 35 mins |                  |                |          |                                 |            |      | 40 mins |
| Swim Down        | 1              | x | 100      | b/c mod                         | 2.30       |         | 1                | x              | 100      | b/c mod                         | 2.30       |      |         |
|                  | 1              | x | 200      | f/c MODERATE                    | 4.30       |         | 1                | x              | 100      | f/c MODERATE                    | 2.30       |      |         |
|                  | Total Distance |   |          |                                 |            | 300     |                  | Total Distance |          |                                 |            |      | 200     |
|                  |                |   |          |                                 |            | 7 mins  |                  |                |          |                                 |            |      | 5 mins  |
| Session Distance |                |   |          |                                 | 2400       |         | Session Distance |                |          |                                 |            | 2200 |         |

Feedback

| Teaching Point  | Feedback |
|---|----------|
| Breaststroke - ensure swimmers push their hands forward so that they kick as their hands reach extension not before |          |
| Breaststroke - ensure the swimmers hold the glide position through the kick especially when sprinting               |          |
| Breaststroke - check that the leg kick is wide and full with a quick 'snap' bringing legs together, toes pointed    |          |