

Version 1.0

Venue Handy Cross

25m

Session Junior Sprint - Freestyle (01)

Green

	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	alt 100b/c 100 Rev IM Drill	2.30		1	x	200	as 100b/c 100 Rev IM Drill	6.00		
	4	x	25	f/c KICK	45s		4	x	25	f/c KICK	1.00		
	1	x	100	b/c PULL	2.45		1	x	100	b/c PULL	3.00		
	Total Distance					600		Total Distance					600
						16 mins							18 mins
Main Set	1	x	through				1	x	through				
	2	x	100	f/c Sprint length 1 and 3	2.30		2	x	100	f/c Sprint length 1 and 3	3.00		
	1	x	200	b/c	4.30		1	x	200	b/c	5.00		
	8	x	50	f/c Fins Sprint (high shoulders)	1.30		4	x	50	f/c Fins Sprint (high shoulders)	1.30		
	1	x	200	b/c with fins	4.30		1	x	200	b/c with fins	5.00		
	1	x	200	f/c watch the elbows in recovery	4.30		1	x	200	f/c watch the elbows in recovery	5.00		
	1	x	200	I.M. Drill	5.00		1	x	100	I.M. Drill	5.00		
	4	x	25	f/c kick, check depth of kick	45s		4	x	25	f/c kick, check depth of kick	1.00		
	Total Distance					1500		Total Distance					1200
						40 mins							36 mins
Swim Down	1	x	200	f/c moderate	4.00		1	x	200	f/c moderate	4.00		
	Total Distance					200		Total Distance					200
						4 mins							4 mins
Session Distance					2300		Session Distance					2000	

Teaching Point	Feedback
<p>Frontcrawl – High Elbow in recovery, hand close to the water stretching forward to the catch</p> <p>Frontcrawl – Head and shoulders on top of the water, practice with fins</p>	