

Version 1.0

Venue Handy Cross

25m

Session Junior Sprint - Freestyle (02)

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		
	4	x	100	alt 100b/c 100 f/c	2.30			4	x	100	alt 100b/c 100 f/c	3.00		
	8	x	25	f/c KICK	45s			4	x	25	f/c KICK	1.00		
	Total Distance					800			Total Distance					700
						21 mins							21 mins	
Main Set	1	x	through					1	x	through				
	6	x	50	f/c from Blocks, sprint 30m	1.30			6	x	50	f/c from Blocks, sprint to wall	1.30		
	1	x	200	b/c	4.30			1	x	200	b/c	5.00		
	6	x	50	f/c hard into and out of turn	1.30			6	x	50	f/c hard into and out of turn	1.30		
	1	x	200	b/c	4.30			1	x	200	b/c	5.00		
	8	x	25	f/c kick, check depth of kick	45s			8	x	25	f/c kick, check depth of kick	1.00		
Total Distance					1200		Total Distance					1200		
						33 mins							36 mins	
Swim Down	1	x	300	as 50 f/c, 50 b/c moderate	6.00			1	x	100	as 25 f/c, 25 b/c moderate	3.00		
	Total Distance					300			Total Distance					100
						6 mins							3 mins	
Session Distance					2300		Session Distance					2000		

Teaching Point	Feedback
Frontcrawl - correct depth of kick, from surface to 30-50cm below on each kick	
Frontcrawl - keep hips horizontal throughout kick	
Frontcrawl - attack the turn, fast in, powerful push off the wall and fast to the surface	