

Version 1.0

Venue Handy Cross

25m

Session Junior Sprint - Freestyle (05)

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	
	1	x	200	b/c moderate	4.30			1	x	200	b/c moderate	5.00	
	3	x	100	f/c moderate	2.30			4	x	50	f/c moderate	2.00	
	Total Distance				700			Total Distance				600	
						17 mins							18 mins
Main Set	1	x	through					1	x	through			
	2	x	100	f/c from blocks, hard 1st & 3rd	2.45			4	x	50	f/c from blocks, hard 1st & 3rd	1.45	
	1	x	200	I.M. Drill	4.30			1	x	100	I.M. Drill	3.00	
	2	x	100	f/c from blocks, hard 1st & 3rd	2.45			4	x	50	f/c from blocks, hard 1st & 3rd	1.45	
	1	x	200	b/c	4.30			1	x	100	b/c	3.00	
	2	x	100	f/c from blocks, hard 1st & 3rd	2.45			4	x	50	f/c from blocks, hard 1st & 3rd	1.45	
	1	x	200	I.M. Drill	4.30			1	x	100	I.M. Drill	3.00	
	8	x	25	f/c KICK	45s			4	x	25	f/c KICK	1.00	
Total Distance				1400		Total Distance				1000			
						36 mins							34 mins
Swim Down	1	x	100	f/c moderate	2.30			1	x	200	f/c moderate	5.00	
	1	x	150	b/c EASY	4.30			1	x	100	b/c EASY	3.00	
	Total Distance				250			Total Distance				300	
						7 mins							8 mins
Session Distance					2350		Session Distance					1900	

Teaching Point	Feedback
Frontcrawl - Start from blocks, powerful entry, one hand on top of the other	
Frontcrawl - Start, three dolphin kicks and two strokes before the first breath	
Frontcrawl - Hard into and out of the turns, correct underwater action (three dolphin kicks and two strokes before breathing)	
Frontcrawl - Aggressive finish over last 5 metres, finishing with hard underwater touch	