

Version 1.0

Venue Handy Cross

25

Session Juniors Sprint IM (01)

Green

Blue

	Rounds	x	Distance	Instruction	Time(Mins)	RI		Rounds	x	Distance	Instruction	Time(Mins)	RI
Warm Up	1	x	100	f/c	4.30			1	x	100	f/c	5.00	
	1	x	100	b/c	4.30			1	x	100	b/c	5.00	
	1	x	100	br	2.45			1	x	100	br	3.00	
	1	x	100	I.M.	2.15			2	x	50	fc kick	2.00	
	2	x	50	fc kick	1.30								
				Total Distance		500						Total Distance	
						17 mins							17 mins
Main Set	2	x	through					2	x	through			
	2	x	100	b/c hard into and out of the wall	2.30			1	x	100	b/c hard into and out of the wall	3.00	
	1	x	100	f/c easy	2.30			1	x	100	f/c easy	3.00	
	2	x	100	br hard into and out of the wall	2.45			1	x	100	br hard into and out of the wall	3.15	
	1	x	100	f/c easy	2.30			1	x	100	f/c easy	3.00	
	2	x	50	fly hard	2.00			2	x	50	fly hard 25m / f/c easy 25m	2.30	
				Rest 1 minute	1.00						Rest 1 minute	1.00	
			Total Distance		1400				Total Distance		1000		
						40 mins							36 mins
Swim Down	1	x	100	b/c Easy				1	x	300	mizxed strokes easy	7.00	
			Total Distance		100					Total Distance		300	
						3 mins							7 mins
			Session Distance		2000					Session Distance		1700	

<p>Teaching Points</p> <p>I.M. - Starts and Turns, full stroke sprints to start thinking about what a good turn is.</p> <p>I.M. - Ensure swimmers are fast in and out of the wall</p>	<p>Feedback</p>
---	-----------------