

Version 1.0

Venue Handy Cross

25

Session Juniors Sprint IM (05)

Green

Blue

| | Rounds | x | Distance | Instruction | Time(Mins) | RI | Rounds | x | Distance | Instruction | Time(Mins) | RI |
|-----------|--------|---|------------------|------------------------------------|------------|----|--------|---|------------------|------------------------------------|------------|----|
| Warm Up | 1 | x | 200 | f/c | 4.00 | | 1 | x | 100 | f/c | 3.00 | |
| | 1 | x | 100 | b/c | 2.15 | | 1 | x | 100 | b/c | 3.00 | |
| | 1 | x | 100 | br | 2.30 | | 1 | x | 100 | br | 3.00 | |
| | 1 | x | 100 | I.M. | 2.15 | | 1 | x | 100 | I.M. | 3.00 | |
| | 4 | x | 50 | fc kick | 1.30 | | 4 | x | 25 | fc kick | 1.00 | |
| | | | | Total Distance | 700 | | | | | Total Distance | 500 | |
| | | | | | 17 mins | | | | | | 16 mins | |
| Main Set | 1 | x | through | | | | 1 | x | through | | | |
| | 6 | x | 50 | as 25fl/25bc, 25bc/25br, 25br/25fc | 1.45 | | 6 | x | 50 | as 25fl/25bc, 25bc/25br, 25br/25fc | 2.00 | |
| | 1 | x | 100 | f/c easy | 2.15 | | 1 | x | 100 | f/c easy | 3.00 | |
| | 1 | x | 100 | I.M. Drill | 2.45 | | 1 | x | 100 | I.M. Drill | 3.00 | |
| | 6 | x | 50 | as 25fl/25bc, 25bc/25br, 25br/25fc | 1.45 | | 6 | x | 50 | as 25fl/25bc, 25bc/25br, 25br/25fc | 2.00 | |
| | 2 | x | 100 | b/c | 2.00 | | 1 | x | 100 | b/c | 3.00 | |
| | 2 | x | 100 | I.M. Drill | 2.15 | | 1 | x | 100 | I.M. Drill | 3.00 | |
| | 2 | x | 100 | f/c | 2.00 | | 1 | x | 100 | f/c | 3.00 | |
| | | | Total Distance | 1400 | | | | | Total Distance | 1100 | | |
| | | | | | 39 mins | | | | | | 39 mins | |
| Swim Down | 1 | x | 200 | Mixed strokes | 4.00 | | 1 | x | 150 | Mixed strokes | 4.00 | |
| | | | Total Distance | 200 | | | | | Total Distance | 150 | | |
| | | | | | 4 mins | | | | | | 4 mins | |
| | | | Session Distance | 2300 | | | | | Session Distance | 1750 | | |

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