

Version 1.0

Venue Handy Cross

25m

Session Senior Distance - Backstroke (01)

A and B Squad

Yellow Squad

	Rounds	x	Distance	Instruction	Time(Mins)	RI		Rounds	x	Distance	Instruction	Time(Mins)	RI		
Warm Up	1	x	200	f/c EASY	4.00			1	x	200	f/c EASY	4.15			
	6	x	100	50 f/c 50 b/c	2.00			5	x	100	50 f/c 50 b/c	2.15			
	4	x	50	f/c EASY	1.00			4	x	50	f/c EASY	1.00			
	Total Distance					1000			Total Distance					900	
						20 mins								20 mins	
Main Set	1	x	through					1	x	through					
	1	x	200	b/c	4.00			1	x	200	b/c	4.15			
	4	x	100	alt f/c - b/c - f/c	1.45			4	x	100	alt f/c - b/c - f/c	2.00			
	8	x	25	Kick - alt f/c and b/c	45s			8	x	25	Kick - alt f/c and b/c	45s			
	2	x	100	f/c PULL	2.30			2	x	100	f/c PULL	2.30			
	4	x	100	alt 100 b/c 100 f/c	2.15			4	x	100	alt 100 b/c 100 f/c	2.30			
	1	x	200	b/c PULL	4.00			1	x	100	b/c PULL	2.15			
Total Distance					1600			Total Distance					1500		
						35 mins								35 mins	
Swim Down	1	x	300	b/c EASY	5.00			1	x	200	b/c EASY	5.00			
	Total Distance					300			Total Distance					200	
						5 mins								5 mins	
Session Distance					2900			Session Distance					2600		

Teaching Point	Feedback
Ensure that the head is correctly positioned for backstroke slightly raised so that the water flows under the back of the head	
Ensure that the hand leaves the water thumb first, enters fingers first	
Ensure the arm is straight through the recovery phase above the water	