

Version 1.0

Venue Handy Cross

25m

Session Senior Distance - Backstroke (02)

A and B Squad

Yellow Squad

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	400	f/c EASY	8.00		1	x	400	f/c EASY	9.00		
	1	x	200	Rev IM Drill	5.00		1	x	200	Rev IM Drill	5.00		
	4	x	50	alt 50 f/c, 50 b/c	1.00		4	x	50	alt 50 f/c, 50 b/c	1.00		
					Total Distance	800						Total Distance	800
						17 mins							18 mins
Main Set	1	x	through				1	x	through				
	3	x	200	b/c - ensure body rotation	4.00		3	x	200	b/c - ensure body rotation	4.15		
	4	x	100	f/c MODERATE	2.00		4	x	100	f/c MODERATE	2.00		
	4	x	100	b/c - MODERATE	2.15		4	x	100	b/c - MODERATE	2.15		
	8	x	25	f/c KICK	45s		8	x	25	f/c KICK	45s		
	1	x	200	b/c pull	4.00		1	x	200	b/c pull	4.15		
					Total Distance	1800						Total Distance	1800
						39 mins							40 mins
Swim Down	1	x	200	I.M. Drill	4.00		1	x	100	I.M. Drill	2.00		
					Total Distance	200						Total Distance	100
						4 mins							2 mins
					Session Distance	2800						Session Distance	2700

<p>Teaching Point</p> <p>Backstroke, concentrate on rotation of the shoulders in order to allow the hand to get deeper when pulling through the water.</p> <p>Instruct the swimmers to rotate their hips to achieve this and that means kicking to the side at 45 degrees, then middle, then the other side and so on.</p> <p>Can be achieved with b/c kick holding kick board across the chest if necessary during one or more of the main set b/c 100m sets.</p>	<p>Feedback</p>
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