

Version 1.0

Venue Handy Cross

25m

Session Senior Distance - Backstroke (03)

A and B Squad

Yellow Squad

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	4	x	100	alt 100 f/c / 100 bc	2.00		4	x	100	alt 100 f/c / 100 bc	2.00		
	1	x	200	Reverse IM Drill	4.00		1	x	200	Reverse IM Drill	4.30		
	4	x	50	f/c KICK	1.30		4	x	50	f/c KICK	1.30		
	Total Distance					800		Total Distance					800
						19 mins							19 mins
Main Set	1	x	through				1	x	through				
	4	x	100	b/c 100 pull, watch UW seq	1.45		4	x	100	b/c 100 pull, watch UW seq	2.00		
	1	x	200	f/c	1.45		1	x	200	f/c	2.00		
	4	x	50	b/c kick - roll hips & shoulders	1.15		4	x	50	b/c kick - roll hips & shoulders	1.30		
	1	x	200	f/c	4.00		1	x	200	f/c	4.00		
	2	x	200	b/c full stroke with Fins	4.00		2	x	200	b/c full stroke with Fins	4.00		
	1	x	400	f/c with Fins	7.00		1	x	200	f/c with Fins	4.00		
	1	x	200	I.M.	4.00		1	x	200	I.M.	4.00		
Total Distance					2000		Total Distance					1800	
						35 mins							36 mins
Swim Down	1	x	300	f/c moderate	6.00		1	x	300	f/c moderate	5.00		
	Total Distance					300		Total Distance					300
						6 mins							5 mins
Session Distance					3100		Session Distance					2900	

<p>Teaching Point</p> <p>Backstroke - Underwater sweep, down, up then down, pushing past the hip.</p> <p>Backstroke - Kick side, middle, side, middle, in order to rotate the hips and the shoulders allowing the underwater hand movement to be deeper with more pull on the water</p>	<p>Feedback</p>
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