

Version 1.0

Venue Handy Cross

25m

Session Senior Distance - Backstroke (05)

A & B

Yellow

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	2	x	200	f/c MODERATE	4.00		2	x	200	f/c MODERATE	4.15		
	2	x	200	b/c	4.15		2	x	200	b/c	4.30		
	2	x	200	f/c pull	4.30		2	x	200	f/c pull	4.45		
	Total Distance					1200		Total Distance					1200
						26 mins							27 mins
Main Set	1	x		through			1	x		through			
	2	x	200	b/c ensure turns at each end	4.15		2	x	200	b/c ensure turns at each end	4.30	9	
	2	x	200	f/c	4.00		2	x	200	f/c	4.15	8.5	
	8	x	50	b/c from the blocks, arch back	1.30		8	x	50	b/c from the blocks, arch back	1.30	12	
	2	x	200	f/c	4.00		2	x	200	f/c	4.15	8.5	
	4	x	50	Fly kick on back	1.30		4	x	50	Fly kick on back	1.30	6	
	1	x	200	b/c - concentrate on turn speed	4.15		1	x	200	b/c - concentrate on turn speed	4.30	4.5	
	2	x	100	f/c	2.00		2	x	100	f/c	2.00	4	
Total Distance					2200		Total Distance					2200	52.5
						50 mins							53 mins
Swim Down	1	x	200	REV I.M. Drill	4.30		1	x	200	REV I.M. Drill	5.00		
	2	x	200	b/c moderate	4.30		1	x	200	b/c moderate	5.00		
	Total Distance					600		Total Distance					400
						14 mins							10 mins
Session Distance						4000	Session Distance						3800

<p>Teaching Point</p> <p>Backstroke - Advanced Start, arching the back out of the blocks and entering the water hands first.</p> <p>Backstroke - Finishing correctly, counting strokes for turn and finishing'</p>	<p>Feedback</p>
--	-----------------