

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance Breaststroke (01)

A and B

Yellow

	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		
	2	x	100	50m f/c Swim, 50m b/c Kick	2.00		2	x	100	50m f/c Swim, 50m b/c Kick	2.15		
	1	x	200	I.M. Drill	4.00		1	x	200	I.M. Drill	4.15		
	Total Distance					600		Total Distance					600
						12 mins							13 mins
Main Set	1	x	through					1	x	through			
	4	x	100	br, ensure arms extend fully	2.15		3	x	100	br, ensure arms extend fully	2.30		
	1	x	200	f/c Pull	4.15		1	x	200	f/c Pull	4.30		
	4	x	50	br SPRINT – symmetrical arms	1.30		4	x	50	br SPRINT – symmetrical arms	1.30		
	1	x	200	f/c MODERATE	4.00		1	x	200	f/c MODERATE	4.15		
	4	x	100	br, from blocks – correct UW Seq	2.15		4	x	100	br, from blocks – correct UW Seq	2.15		
	1	x	200	f/c MODERATE	4.00		1	x	200	f/c MODERATE	4.15		
	4	x	50	br KICK	45s		4	x	50	br KICK	45s		
Total Distance					1800		Total Distance					1700	
						40 mins							39 mins
Swim Down	1	x	400	Alt 50 f/c 50 b/c	8.00		1	x	400	Alt 50 f/c 50 b/c	8.00		
	Total Distance					400		Total Distance					400
						8 mins							8 mins
Session Distance					2800		Session Distance					2700	

Feedback

Teaching Point	Feedback
<p>Breaststroke - Arms symmetrical through entire stroke, ensuring arms do NOT go further back than the chest during the in sweep.</p> <p>Breaststroke – Early underwater sequence, starting in the water, pushing off the wall and developing the UW sequence movements</p>	