Version 1.0 **Venue** Handy Cross 25m **Session** Seniors Distance Breaststroke (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	300	f/c EASY	5.00		1	x	300	f/c EASY	5.30	
	4	x	100	50m f/c Swim, 50m b/c Kick	2.15		3	x	100	50m f/c Swim, 50m b/c Kick	2.30	
	4	x	50	f/c moderate	1.15		4	x	50	f/c moderate	1.15	
				Total Distance	900					Total Distance	800	
						19 mins						18 mins
Main Set	1	x	through				1	x	through			
	2	x	100	br, watch leg kick	2.30		2	x	100	br, watch leg kick	2.45	
	2	x	100	f/c Pull	2.00		2	x	100	f/c Pull	2.15	
	4	x	50	br SPRINT	1.30		4	x	50	br SPRINT	1.45	
	2	x	100	f/c MODERATE	2.00		2	x	100	f/c MODERATE	2.15	
	4	x	100	br, from blocks - watch start	2.30		4	x	100	br, from blocks - watch start	2.45	
	1	x	300	f/c MODERATE	5.00		1	x	300	f/c MODERATE	5.30	
				Total Distance	1500					Total Distance	1500	
						29 mins						34 mins
Swim Down	5	x	50	KICK alt f/c, br	1.30		5	x	50	KICK alt f/c, br	1.30	
	1	x	200	f/c EASY	4.00		1	x	200	f/c EASY	4.00	
				Total Distance	450					Total Distance	450	
						12 mins						12 mins
				Session Distance	2850					Session Distance	2750	

Feedback

Teaching Point	Feedback
Ensure an even leg kick with speed and power through to legs together, toes pointing in line with the body. Starts from the blocks, must demonstrate a legal start including full underwater sequence. Remind the swimmers that they can introduce the single downwards fly kick in the UW sequence.	