

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance Breaststroke (03)

A and B Squad

Yellow Squad

	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		
	4	x	100	b/c as 50 kick, 50 full	2.00		3	x	100	b/c as 50 kick, 50 full	2.15		
	4	x	50	f/c moderate	1.15		4	x	50	f/c moderate	1.15		
	Total Distance					800		Total Distance					700
						18 mins							18 mins
Main Set	1	x	through				1	x	through				
	4	x	50	br, watch leg kick	1.30		4	x	50	br, watch leg kick	1.30		
	2	x	100	f/c Pull	1.45		2	x	100	f/c Pull	2.00		
	4	x	100	br MODERATE	2.15		4	x	100	br MODERATE	2.30		
	2	x	100	f/c MODERATE	1.45		2	x	100	f/c MODERATE	2.00		
	8	x	50	br SPRINT - watch UW Seq	1.30		8	x	50	br SPRINT - watch UW Seq	1.30		
Total Distance					1400		Total Distance					1400	
						34 mins							36 mins
Swim Down	1	x	200	f/c MODERATE	4.00		1	x	200	f/c MODERATE	4.15		
	1	x	200	b/c MODERATE	4.00		1	x	100	b/c MODERATE	2.15		
	Total Distance					400		Total Distance					200
						8 mins							6 mins
Session Distance					2600		Session Distance					2300	

Feedback

Teaching Point	Feedback
Breaststroke - Turns! Fast into the wall, fast turn and a deep push off in EVERY turn	
Breaststroke - Complete and correct undersater sequence including the single downward butterfly kick	