

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance Breaststroke (04)

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			
	4	x	100	b/c	2.00			4	x	100	b/c	2.15			
	1	x	200	Rev I.M. Drill	4.30			1	x	200	Rev I.M. Drill	4.30			
	Total Distance					800			Total Distance					800	
							17 mins								18 mins
Main Set	1	x	through					1	x	through					
	4	x	100	br, push arms out early	2.15			4	x	100	br, push arms out early	2.30			
	2	x	200	f/c MODERATE	4.00			2	x	200	f/c MODERATE	4.15			
	4	x	100	br PULL – fast pull to chest	2.30			4	x	100	br PULL – fast pull to chest	2.30			
	2	x	200	f/c MODERATE	4.00			2	x	200	f/c MODERATE	4.15			
	4	x	100	br, from blocks – correct UW Seq	2.30			4	x	100	br, from blocks – correct UW Seq	2.30			
	2	x	200	f/c MODERATE	4.00			2	x	200	f/c MODERATE	4.15			
	8	x	50	Alt 50 br KICK, 50 fc kick	45s			8	x	50	Alt 50 br KICK, 50 fc kick	45s			
Total Distance					2800			Total Distance					2800		
							60 mins								62 mins
Swim Down	1	x	400	Alt 50 f/c 50 b/c	7.00			1	x	200	Alt 50 f/c 50 b/c	4.30			
	1	x	300	f/c EASY	6.00			1	x	300	f/c EASY	5.30			
	Total Distance					700			Total Distance					500	
							13 mins								10 mins
Session Distance					4300			Session Distance					4100		

Feedback

Teaching Point	
Breaststroke - Arms extend fully, starting forward before leg kick so that they are ready to pull as the legs finish extending and start recovery.	
Breaststroke – Ensure every turn and finish is correct and legal	