

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance Breaststroke (07)

A and B

Yellow

	Rounds	x	Distance	Instruction	Time(Mins)	RI		Rounds	x	Distance	Instruction	Time(Mins)	RI		
Warm Up	4	x	100	Alt f/c - b/c by 100m	2.45			4	x	100	Alt f/c - b/c by 100m	2.45			
	4	x	50	f/c KICK	1.30			4	x	50	f/c KICK	1.30			
	6	x	25	b/c FAST	1.00			4	x	25	b/c FAST	1.00			
					Total Distance	750							Total Distance	700	
								20 mins							20 mins
Main Set	1	x	through					1	x	through					
	1	x	200	br, MODERATE, watch turns	4.30			1	x	200	br, MODERATE, watch turns	5.00			
	2	x	100	f/c Pull	2.15			2	x	100	f/c Pull	2.30			
	6	x	50	br SPRINT from Blocks	2.00			5	x	50	br SPRINT from Blocks	2.15			
	1	x	200	f/c FULL	4.30			1	x	200	f/c FULL	5.00			
	4	x	50	br PULL	1.30			4	x	50	br PULL	1.30			
	3	x	100	f/c MODERATE	2.15			2	x	100	f/c MODERATE	2.30			
	3	x	100	br FULL, watch turns	2.30			2	x	100	br FULL, watch turns	2.45			
	1	x	100	f/c MODERATE	2.15			2	x	100	f/c MODERATE	2.30			
					Total Distance	1800							Total Distance	1650	
						50 mins							48 mins		
Swim Down	8	x	25	f/c KICK	1.30			8	x	25	f/c KICK	1.30			
	2	x	200	alt f/c - b/c by 50m	4.00			2	x	200	alt f/c - b/c by 50m	5.00			
					Total Distance	600							Total Distance	600	
						20 mins							22 mins		
					Session Distance	3150						Session Distance	2950		

Feedback

<p>Teaching Point</p> <p>Breaststroke - Sharp Turns. Ensure that all the swimmers are touching the wall with both hands, turning fast and pushing out deep and strong enough to complete an effective under water sequence.</p> <p>Ensure that the swimmers are aware of the single downward kick allowed on each start and turn.</p>	<p>Feedback</p>
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