

Version 1.0

Venue Handy Cross

25m

Session Senior Distance - Front Crawl (01)

A & B Squad

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	4.30		
	4	x	100	as 50 f/c 50 b/c each 100m	2.00			3	x	100	as 50 f/c 50 b/c each 100m	2.15		
	4	x	50	f/c MODERATE	1.15			4	x	50	f/c MODERATE	1.15		
					Total Distance	800							Total Distance	700
						17 mins							17 mins	
Main Set	1	x	through					1	x	through				
	1	x	300	f/c	5.30			1	x	300	f/c	6.00		
	2	x	200	as 100 f/c, 100 I.M.	4.00			2	x	200	as 100 f/c, 100 I.M.	4.00		
	4	x	100	f/c MODERATE	1.45			3	x	100	f/c MODERATE	2.15		
	4	x	50	f/c Sprint	1.30			4	x	50	f/c Sprint	1.30		
	4	x	100	as alternate 100 f/c, 100 I.M.	2.00			3	x	100	as alternate 100 f/c, 100 I.M.	2.15		
	1	x	200	f/c	4.00			1	x	200	f/c	4.30		
				Total Distance	1900						Total Distance	1700		
						39 mins							38 mins	
Swim Down	1	x	200	f/c EASY	4.00			1	x	200	f/c EASY	5.00		
					Total Distance	200							Total Distance	200
						4 mins							5 mins	
				Session Distance	2900						Session Distance	2600		

Feedback

<p>Teaching Point</p> <p>Ensure correct hand entry, half way between the head and the furthest reach forward</p> <p>Concentrate on the catch and sweeping the arm back through the water in an S Shape keeping both hands outside the body line at all times</p> <p>Push past the hip before recovering the arm and the hand.</p>	<p>Feedback</p>
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