

Version 1.0

Venue Handy Cross

25m

Session Senior Distance - Front Crawl (02)

A & B

Yellow

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	4	x	100	f/c Full/Pull/Kick/Full	2.00		4	x	100	f/c Full/Pull/Kick/Full	2.00		
	1	x	200	b/c MODERATE	4.00		1	x	200	b/c MODERATE	4.15		
	1	x	200	f/c MODERATE	4.00		1	x	200	f/c MODERATE	4.15		
	Total Distance					800		Total Distance					800
						16 mins							17 mins
Main Set	1	x	through				1	x	through				
	4	x	100	f/c alt Drag / full each 50m	2.00		4	x	100	f/c alt Drag / full each 50m	2.00		
	1	x	200	b/c MODERATE	4.00		1	x	200	b/c MODERATE	4.15		
	2	x	200	f/c Watch the hands and elbows	4.00		2	x	200	f/c Watch the hands and elbows	4.15		
	8	x	50	f/c SPRINT with fins	1.15		8	x	50	f/c SPRINT with fins	1.15		
	1	x	200	f/c MODERATE	4.00		1	x	200	f/c MODERATE	4.15		
	1	x	100	I.M	2.00		1	x	100	I.M	2.00		
Total Distance					1700		Total Distance					1700	
						36 mins							37 mins
Swim Down	1	x	200	b/c MODERATE	4.00		1	x	200	b/c MODERATE	4.00		
	1	x	200	f/c MODERATE	4.00		1	x	100	f/c MODERATE	2.00		
	Total Distance					400		Total Distance					300
						8 mins							6 mins
Session Distance					2900		Session Distance					2800	

Feedback

Teaching Point	Feedback
Front Crawl - Ensure that the hand recovers elbow first with the hand low on the water	
Front Crawl - Ensure hand enters the water and pushes forward to the catch smoothly and under control	