

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance Frontcrawl (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	4.30		
	4	x	100	b/c as 50 kick, 50 full	2.30		4	x	100	b/c as 50 kick, 50 full	2.30		
	4	x	100	f/c moderate	2.00		3	x	100	f/c moderate	2.15		
	Total Distance					1000		Total Distance					900
						22 mins							23 mins
Main Set	1	x		through			1	x		through			
	1	x	200	I.M. Drill	4.30		1	x	200	I.M. Drill	5.00		
	4	x	100	f/c - fins, high arms	2.00		4	x	100	f/c - fins, high arms	2.15		
	4	x	100	25 fly, 75 fc Moderate - fins	2.00		4	x	100	25 fly, 75 fc Moderate	2.15		
	4	x	100	f/c No Fins, watch head	2.15		4	x	100	f/c No Fins, watch head	2.15		
	1	x	200	I.M. Drill	4.30								
Total Distance					1600		Total Distance					1400	
						34 mins							32 mins
Swim Down	1	x	200	b/c Moderate	4.00		1	x	200	b/c Moderate	5.00		
	Total Distance					200		Total Distance					200
						4 mins							5 mins
Session Distance					2800		Session Distance					2500	

Feedback

Teaching Point	Feedback
FrontCrawl - With Fins, get arms high when reaching forward	
FrontCrawl - Streamline push off wall especially when wearing fins	
FrontCrawl - ensure swimmers finish strongly to the wall	