

Version 1.0

Venue Handy Cross

25m

Session Senior Distance - Front Crawl (04)

A & 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	4.30	
	2	x	100	b/c MODERATE	2.00			2	x	100	b/c MODERATE	2.15	
	3	x	100	f/c MODERATE	2.00			3	x	100	f/c MODERATE	2.15	
	Total Distance				700			Total Distance				700	
						14 mins							15 mins
Main Set	2	x	through					2	x	through			
	4	x	100	f/c MODERATE watch the turns	2.00			4	x	100	f/c MODERATE watch the turns	2.15	
	1	x	200	I.M. Drill	4.30			1	x	200	I.M. Drill	5.00	
	8	x	25	f/c KICK HARD	45s			8	x	25	f/c KICK HARD	45s	
	8	x	50	f/c SPRINT from the blocks	1.30			6	x	50	f/c SPRINT from the blocks	1.45	
	1	x	200	f/c MODERATE	4.00			1	x	200	f/c MODERATE	4.30	
	Total Distance				2800			Total Distance				2600	
						70 mins							70 mins
Swim Down	1	x	150	b/c MODERATE	3.00			1	x	150	b/c MODERATE	3.00	
	1	x	150	f/c EASY	3.00			1	x	100	f/c EASY	2.00	
	Total Distance				300			Total Distance				250	
						6 mins							5 mins
Session Distance					3800		Session Distance					3550	

Feedback

<p>Teaching Point</p> <p>Freestyle - Starts and Turns, three fly kicks, two strokes before the first breath. EVERY TIME</p> <p>Freestyle - Ensure the swimmers avoid passing their hand under their body during the in-sweep, make sure they push their hand past their hip each stroke</p>	<p>Feedback</p>
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