

Version 1.0

Venue Handy Cross

25m

Session Senior Distance - Front Crawl (06)

A and B

Yellow

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	4	x	50	f/c Full/Pull/Kick/Full	1.30		4	x	50	f/c Full/Pull/Kick/Full	1.30		
	2	x	200	Rev I.M. Drill	4.00		2	x	200	Rev I.M. Drill	4.30		
	1	x	200	f/c MODERATE	4.00		1	x	100	f/c MODERATE	2.00		
	Total Distance					800		Total Distance					700
						18 mins							17 mins
Main Set	1	x	through				1	x	through				
	4	x	100	alt 100 fc / 100 bc	1.30		4	x	100	alt 100 fc / 100 bc	1.45		
	1	x	200	b/c MODERATE	4.00		1	x	200	b/c MODERATE	4.15		
	8	x	50	f/c FINS sprint 25, ease off 25	1.30		8	x	50	f/c FINS sprint 25, ease off 25	1.30		
	1	x	200	b/c FINS Moderate	4.00		1	x	200	b/c FINS Moderate	4.15		
	4	x	100	f/c, 1st 20m hard each length	1.30		4	x	100	f/c, 1st 20m hard each length	1.45		
Total Distance					1600		Total Distance					1600	
						32 mins							34 mins
Swim Down	1	x	200	b/c easy	4.00		1	x	200	b/c easy	4.30		
	1	x	300	f/c MODERATE	6.00		1	x	200	f/c easy	4.30		
Total Distance					500		Total Distance					400	
						10 mins							9 mins
Session Distance					2900		Session Distance					2700	

Feedback

Teaching Point	Feedback
<p>Freestyle - Head Position, on top of the water, eyes forward and just below the surface.</p> <p>Freestyle - use fins to get the shoulders out of the water and arms far forward in sprinting</p>	